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LOTTO 649

GIVE THE NOD TO THESE NOODLES
IF YOU LIKE EASY AND QUICK, THAT IS {page 54}

BOOTED
TORONTO FC FIRES GM AND HEAD COACH
{pages 58, 60}

TORONTO metro®
Wednesday, September 15, 2010
www.metronews.ca

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Howe will his star get fixed?

- City will discuss issue with Walk of Fame: Official
- Hockey legend unaware of the damage, son says

PAT HEWITT/THE CANADIAN PRESS

▶ Howe's sidewalk star

Canada's Walk of Fame and the City of Toronto are facing off over who should fix Gordie Howe's star on the sidewalk of the city's theatre district.

Mr. Hockey's red granite plaque has a large crack on the bottom left corner and chips out of it. His family's goal is to get it repaired.

But the city says it's not responsible for fixing Howe's battered star — despite what the Walk of Fame's president says.

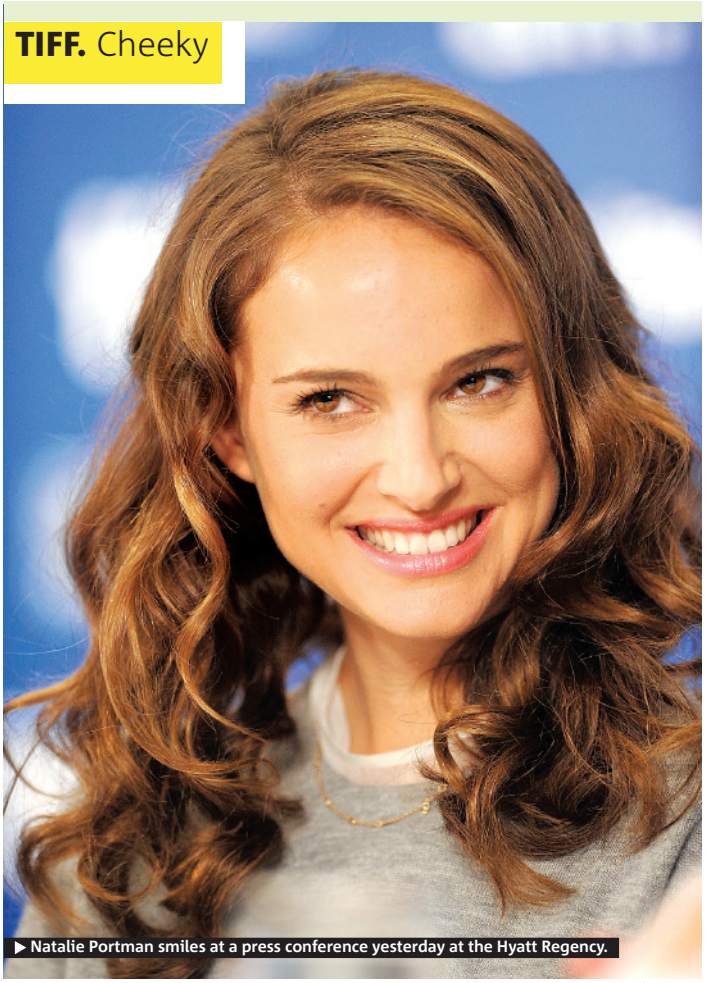
City inspector Edison Alexander checked out damaged plaques belonging to the former Detroit Red Wings right-winger and other stars such as William Shatner and Rush yesterday, noting "some stress lines and chipped corners."

Rob Berry, the city manager who approves sidewalk repairs, said it doesn't appear the city is recommending the plaques be replaced.

Peter Soumalias, president and CEO of Canada's Walk of Fame, had told The Canadian Press the city is responsible for maintaining the plaques and he thought they would be repaired.

THE CANADIAN PRESS

TIFF. Cheeky


▶ Natalie Portman smiles at a press conference yesterday at the Hyatt Regency.

JASON MERRITT/GETTY IMAGES

Portman's grown up to be a Swan

Actress Natalie Portman was in town yesterday to speak about her newest work, Black Swan, which is gathering plenty of buzz at the Toronto International Film Festival. For complete TIFF coverage, see pages 24 to 32.

All hail the station master

TTC tests out new system at downtown stops {page 8}

They have wine tours where?

In North Carolina, believe it or not {pages 46-47}

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SLT-2 model shown††

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HWY:8.4L/100KM • 34MPG
CITY: 12.7L/100KM • 22MPG△

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Cab 2WD R7A/Terrain SLE FWD R7A/Acadia SLE FWD R7A/Sierra 1500 Crew Cab 4WD R7C). ♦†/‡Freight & PDI ($1,350/$1,350/$1,350/$1,350/$1,350), registration, air and tire levies and GMVIC fees are included. Insurance, licence, PPSA, dealer fees and applicable taxes are not included. Offers apply as indicated to the purchase or finance of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Pontiac Buick GMC Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. **Factory order or dealer trade may be required. △2010 GMC Sierra 2WD equipped with 4.3L Vortex V6 engine and 4-speed automatic transmission. 2010 GMC Sierra 2WD equipped with 4.8L Vortex V8 engine and 4-speed automatic transmission. 2010 GMC Terrain FWD. 2010 GMC Acadia FWD. 2010 GMC Sierra AWD equipped with 4.8L Vortex V8 engine and 4-speed automatic transmission. Fuel efficiency and competitive fuel efficiency ratings based on Natural Resources Canada's 2010 Fuel Consumption Guide. Your actual fuel consumption may vary. †††5 government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 GMC Terrain and 2010 GMC Acadia received both a 5-star rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-Impact Crash Test. Side-impact Crash Test rating is for a model tested with standard head-curtain side-impact air bags. 2010 GMC Sierra 1500 received a 5-star rating for the driver and front passenger in the Frontal Crash Test. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC. Used under license. ††GMC Terrain SLT-2 AWD with Height-Adjustable Power Liftgate and Power Sunroof. ‡‡Based on the 2009 Canadian Black Book Used Vehicle Values Guide. Actual values may vary depending on vehicle condition and options. ◆◆Subject to Vehicle Redemption Allowances. Visit thegmcardca.ca for more details including, terms and conditions that apply to The GM Card Earnings and Redemption Program. The Toronto-Dominion Bank and its affiliates are not responsible for The GM Card Earnings and Redemption Allowance Program. ®Registered trade-mark of General Motors Corporation, used under licence. ††††Offer valid from June 1, 2010 to September 30, 2010 (the "Offer Period") to eligible retail customers in Canada who purchase or lease a new eligible 2010 or 2011 MY GM vehicle, excluding all Pontiac, Saturn, Saab and Hummer vehicles, Chevrolet Aveo, Corvette ZR1, and Medium Duty trucks, 2010 MY Chevrolet Cobalt and 2011 MY Buick Regal, Chevrolet Cruz and Cadillac CTS Coupe in an amount ranging from $750 to $3,000, depending on the model purchased. Incentive applied after taxes. GM Canada's Cash For Clunkers incentive is only available to customers who take delivery between July 1, 2010 and September 30, 2010, and may not be combined with certain other incentives available on GM vehicles. By participating in this program you will not be eligible for any trade-in value for your vehicle. 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Premier hints at power rates relief

One MPP saw electricity bills go up 50 per cent this summer

Taking heat over rising hydro bills, Premier Dalton McGuinty said yesterday the government will consider lowering electricity prices for off-peak use after 9 p.m.

The move comes amid reports that electricity users on "smart meters" aren't conserving power during high-demand periods throughout the day by putting off appliance use until off-peak hours, likely because the rates aren't that much lower.

"We may have to take a look at that," McGuinty acknowledged. "The whole idea is that if you're going motivate people, if you're going to inspire them to do things at unusual times not in keeping with their usual habits, then we've got to make sure there's a real incentive for them."

20 Off-peak rates for electricity — which apply from 9 p.m. to 7 a.m. — went up 20 per cent in the last year, to 5.3 cents per kilowatt hour from 4.2 cents.

It's about time the government recognizes hydro bills are pinching the pocketbooks of consumers, given that the new 13 per cent harmonized sales tax also applies to electricity, said Progressive Conservative MPP Peter Shurman (Thornhill).

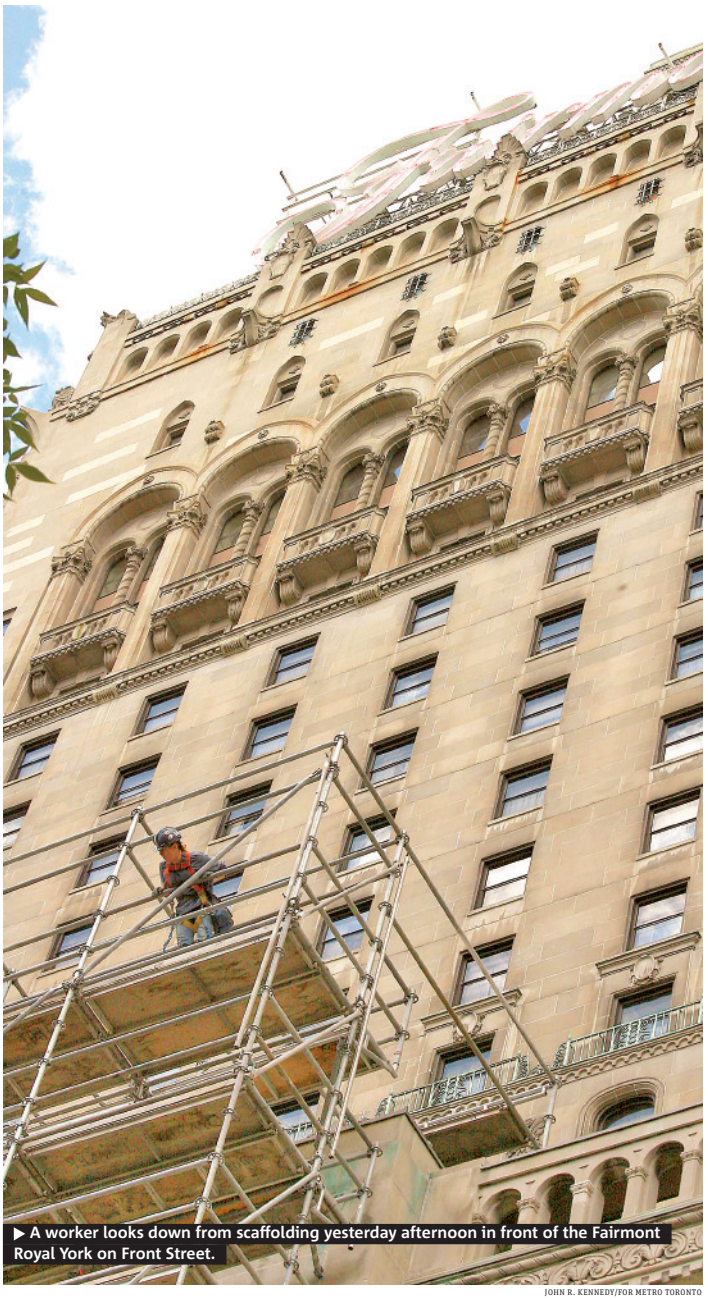
TORSTAR NEWS SERVICE

Power play

Premier Dalton McGuinty says hydro rates in Ontario have been rising because the government has spent $8 billion on new electricity generation projects and $4 billion on transmission line upgrades to modernize the system.

- **Current rates** The current peak rate for electricity from 11 a.m. to 5 p.m. is 9.9 cents per kWh, up from 9.1 cents in 2009, and the mid-peak rate is 8 cents, up from 7.6 cents per kWh last year.
- **Niagara** The new generation projects include a 10-kilometre tunnel under Niagara Falls.

Front Street. Royal York



▶ A worker looks down from scaffolding yesterday afternoon in front of the Fairmont Royal York on Front Street.

JOHN R. KENNEDY/FOR METRO TORONTO

Grand old dame gets facelift

The 80-year-old landmark Fairmont Royal York on Front Street is undergoing another phase of restoration work on its limestone facade.

1 news

News on the move

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On the web at metronews.ca

Allan Small on what investors should look out for as interest rates rise. More at metronews.ca/investing

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TORONTO 18

Parole denied for terror cell member

A member of the so-called Toronto 18 terrorist cell has been denied parole and will remain behind bars.

The National Parole Board says Ali Dirie shows a persistent pattern of violent behaviour and, if released, he would likely harm others.

The 27-year-old Dirie appeared before the board on Monday and vowed he'd changed his ways.

But in a decision yesterday, Dirie was ordered to stay behind bars for the remainder of his sentence, which runs out next October.

Dirie was among 18 people arrested in 2006, for plotting to cause bloodshed and panic in Canada by bombing nuclear power plants and RCMP headquarters and attacking Parliament.

Dirie was originally arrested on other offences in 2005 and, later, was sentenced to seven years for his role in the terrorist plot.

He will remain in the Special Handling Unit in Quebec, Canada's highest super-maximum security prison reserved for the worst offenders.

THE CANADIAN PRESS

Facebook could be key to solving case of missing teen

Over the past year police have spent thousands of hours on the case, interviewing hundreds of people Police have received tips of possible sightings of the missing girl from across Canada and beyond Missing Children Society of Canada is offering a $10,000 reward

CURT RUSH/TORSTAR NEWS SERVICE

▶ With a new Facebook tip line, Toronto police hope to reach out internationally. They say they have made a commitment personally to Mariam's parents (Lela Tabidze, far left, and Vakhtang Makhniashvili, far right) that they will not drop the case.

Toronto police and Crime Stoppers say they have developed "special tools" to help them break the Mariam Makhniashvili case.

Yesterday marked the first anniversary of the Toronto teen's "suspicious disappearance" while on her way to school. Since then, all traditional leads have gone cold.

Enter Facebook.

Police have partnered with computer experts both in the U.S. and Canada to produce a Facebook "Leave a Tip" tab on the local Crime Stoppers Facebook page and the international page. The IP address of the person leaving the tip is protected under Canada's privacy laws, so the tipster can remain anonymous, police say.

"Anybody in the world can now download a tab called Leave a Tip onto their Facebook page," said Toronto police social media officer Scott Mills.

"Somebody has made a page, Help Find Mariam Makhniashvili, and they have already installed a Leave a Tip tab on their page. And I don't even know who they are."

By the end of news conference that person had already uploaded the news conference to YouTube and embedded the video onto their Facebook page.

"This stuff works and it works fast. This is the first big case we've tried to engage this with," Mills said.

"Mr. Prime Minister, if you're listening, we're serious. We need major funding. We need to run this like a McDonald's franchise."

TORONTO POLICE SOCIAL MEDIA OFFICER SCOTT MILLS

Mariam, then 17, disappeared on her way to Forest Hill Collegiate in the Eglinton Avenue and Spadina Road area.

Mariam's father, Vakhtang Makhniashvili, recently told the Toronto Star that he believes his missing daughter is dead and says "the possibility that she's alive is quite slim." Police today assured the couple that they aren't giving up.

The case got some help when Mills encountered a Nova Scotia computer expert by the name of Jeff Brown, who helped design the Leave a Tip tab. Brown, who runs his own firm called Alpha Computer Consulting, wanted to help Crime Stoppers solve crimes and disappearances.

But police say their biggest worry now is how to process all the encrypted tips that will come in.

TORSTAR NEWS SERVICE

Calls pour in over alleged fraudster

More charges are almost certainly pending against a man accused of wooing single women through an online dating service and defrauding them of $1.5 million, police said yesterday.

"My phone keeps ringing," said Toronto police Det. Tom Hartford, adding that five people called his office between 7 a.m. and 8 a.m. yesterday with more than a dozen additional complaints of fraud involving Arvind Kumar Sanmugam. The 49-year-old man, who lives in the Bathurst Street and Lawrence Avenue area, is already facing two counts of fraud over $5,000, among other charges.

Police say Sanmugam targeted single women and senior citizens, two of whom were widows, by portraying himself as a venture capitalist and prominent businessman.

2 Investigators said they found two women who said they were engaged to the man.

He claimed he was the president and CEO of a coffee company and the chairman of the "World Police Academy," which Hartford said he is still investigating although "I don't believe it exists."

Police say Sanmugam used eHarmony.com, an online dating website, to meet women. He would then gain the trust of family members, they say, by impressing them with various business successes, though he had none. He offered great returns on investments if they gave him their money.

THE CANADIAN PRESS

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Ontario to benefit if B.C. kills HST, McGuinty says

Premier says province would hold a 'competitive advantage' B.C. to hold referendum on new tax

Killing the controversial harmonized sales tax in British Columbia would be a boon for Ontario, Premier Dalton McGuinty said yesterday.

Ontario, which also merged the federal GST with the provincial sales tax on July 1, will benefit if B.C. ends up dumping the unpopular tax, he said.

"There's no doubt about it — it will give us a competitive advantage," McGuinty said.

Asked whether he wanted B.C. residents to vote down the tax next fall, McGuinty laughed, saying it's also in Ontario's interest that all provinces do well economically.

McGuinty has often defended the HST as a cost-saving move for businesses, saying it will make them more competitive by reducing red tape.

Many Ontario residents have voiced their opposition to the tax, which raised the cost of many items that were previously exempt from the provincial levy, such as gasoline, haircuts and real estate fees.

But it's nothing like the anti-HST fervour that's swept across B.C.

TORSTAR NEWS SERVICE

▶ Dalton McGuinty

Premier Gordon Campbell's Liberal government was forced into either holding a non-binding referendum or putting the issue to a vote in the legislature after anti-HST forces gathered more than 700,000 signatures on a petition.

He promised Monday that voters would decide the fate of the HST through a referendum next September.

That heated debate over the HST will be happening at the same time that Ontario politicians will be in the throes of a election campaign.

McGuinty, who promised to run again in 2011, said there's no need for an HST referendum in Ontario because that's effectively what next October's election will be.

"Elections are always referendums on all the actions taken by a government," he said in French.

Ontario once had legislation that would have allowed for a referendum on tax increase, but McGuinty "shredded" it after the Liberals took office, said Opposition Leader Tim Hudak.

The Progressive Conservatives are looking at drafting "powerful tools" that would allow taxpayers to keep the government accountable for their policies between elections, he added. They include recall and referendum legislation similar to what anti-HST groups have used in B.C. to try to repeal the tax. THE CANADIAN PRESS

$4.3B The federal government is providing $4.3 billion to Ontario and $1.6 billion to B.C. to make the change, which B.C. would likely have to pay back if it reneges on its agreement with Ottawa.

Grapes. Stomped

▶ Actress Deb McGrath, from left, design duo Colin McAllister and Justin Ryan and actor Colin Mochrie show off the fruits of their labour atop the CN Tower yesterday morning after competing in a grape-stomping contest to promote the LCBO's goLOCAL campaign in support of Ontario wines. Colin and Justin were declared the winners at the event.

JOHN R. KENNEDY/FOR METRO TORONTO

Japan irked by FIT program

Federal support

- Ottawa would help Ontario prepare documents and argue the province's case if Japan files a complaint, said International Trade Minister Peter Van Loan.
- "The federal government, by definition, has to defend any trade action under the WTO brought against (Canada)," he said.
- "We think the measures (Ontario) has taken are reasonable ones in an area that's an important policy priority, and we think they do comply with our trade obligations."

Ottawa will defend Ontario if the province's green energy policy sparks a formal trade complaint from Japan, International Trade Minister Peter Van Loan said yesterday.

The Japanese Embassy in Ottawa has indicated that the country plans to file a complaint to the World Trade Organization over Ontario's subsidies to green energy firms.

Japan argues the subsidies favour Ontario-made equipment.

But Ottawa stands behind Ontario's green energy policy, Van Loan said after a speech in Toronto.

The dispute is over Ontario's feed-in tariff program, known as FIT, which sets a fixed price for electricity generated by renewable energy projects, such as wind turbines and solar panels. In order to receive payments, companies must have a minimum percentage of their project costs come from Ontario goods and labour.

The requirement currently starts at 25 per cent, and increases to 50 per cent by 2012 for wind projects. For solar panel projects, the minimum is 50 per cent, which jumps to 60 per cent next year.

Japan argues those minimums favour equipment made in Ontario. It said this violates Canada's international trade obligations.

THE CANADIAN PRESS

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TITLE HEADER

Senior hit, killed by streetcar

An 81-year-old pedestrian has died after being stuck by a northbound TTC streetcar on Spadina Avenue near Queen Street West yesterday morning.

Police responded to a call around 11 a.m. that a man crossing from an east-side streetcar platform near Sullivan Street to another platform had been hit.

"He paused momentarily because the streetcar driver sounded the warning bell and then he proceeded to continue across in the path of the streetcar," said Const. Hugh Smith.

The driver was unable to stop and the streetcar knocked the elderly pedestrian to the ground, Smith said.

"He fell backwards, struck his head and was knocked unconscious."

The man was rushed to St. Michael's Hospital with life-threatening injuries.

He died in hospital just before 1 p.m.

Police are not looking to charge the TTC driver, Smith added.

TORSTAR NEWS SERVICE

Police seeking suspect after mall shooting

Police are looking for a suspected shoplifter after a man shot at a Fairview Mall security guard Monday night.

The incident began around 8:45 p.m., when mall security attempted to arrest a man.

The suspect, described as a five-foot-11 black male wearing a red Air Jordan shirt and blue denim jeans, was believed to have stolen a bottle of men's cologne from the Bay.

Staff Sgt. Gary Hutchison alleged the man did not pay for the cologne, but did purchase some shirts from the store.

A security guard confronted the man and attempted to arrest him. When the suspect resisted and fled, the guard chased him.

At that point, police said the man pulled a handgun from the front of his pants and fired a single shot at the guard.

Police have recovered a handgun and are trying to identify the suspect.

No injuries were reported.

Police said they expect to arrest their suspect soon.

TORSTAR NEWS SERVICE

VINCE TALOTTA/TORSTAR NEWS SERVICE

▶ Ed Zahara is one of the first nine station masters being deployed by the TTC to look after cleanliness and passenger comforts at a series of stations.

Masters make TTC a little friendlier

TTC hopes all 69 stations will eventually be under station master's zone

Ed Zahara, 46, is a TTC company man with a bent for the kind of customer contact many riders feel has been lost on Toronto transit in recent years.

That's why he is one of nine new station masters on the south end of the Yonge-University subway line. The uniformed managers will carry radios and be responsible for everything from giving directions to station maintenance.

They will be available seven days a week in three zones: The King and Queen stations; Union Station; and St. Andrew to Museum. They will be on duty 6:30 a.m. to 10 p.m. Monday through Saturday, and 9:30 a.m. to 1 a.m. Sunday.

The Toronto Star caught up with Zahara Monday, the first day of his new job, to ask about his expectations.

Q: What exactly is the station master's job?
A: My job is accountability. I'm obviously a representative of the TTC — anything and everything that goes on in the stations that I've been allocated to, King and Queen — customer concerns, any deficiencies as to the stations themselves, any customer-related incidents — whether it's a medical or emergency situation, it's a quicker response.

Q: How will you do your job? Will you just roam the platforms?
A: As supervisors we know what to look for, anything that may potentially be a problem. If it's a broken tile, there's a process that we're going to do — submit the report so we can get these things corrected so someone doesn't trip. We can assist customers, tourists, get to know the community a little better.

Q: How have you felt about the public's attitude to the TTC in the last six months?
A: We're all human, some people make mistakes and there has to be a corrective measure in place. If it means a station manager is going to be there to account for everyone's actions, then so be it. I don't think the public is mean; they're just addressing issues.

Q. How will you know you've done a good job?
A: I believe people will bring that to my attention. If I have a customer come to me with a concern, I look at that as an opportunity to either address or resolve a deficiency.

TORSTAR NEWS SERVICE

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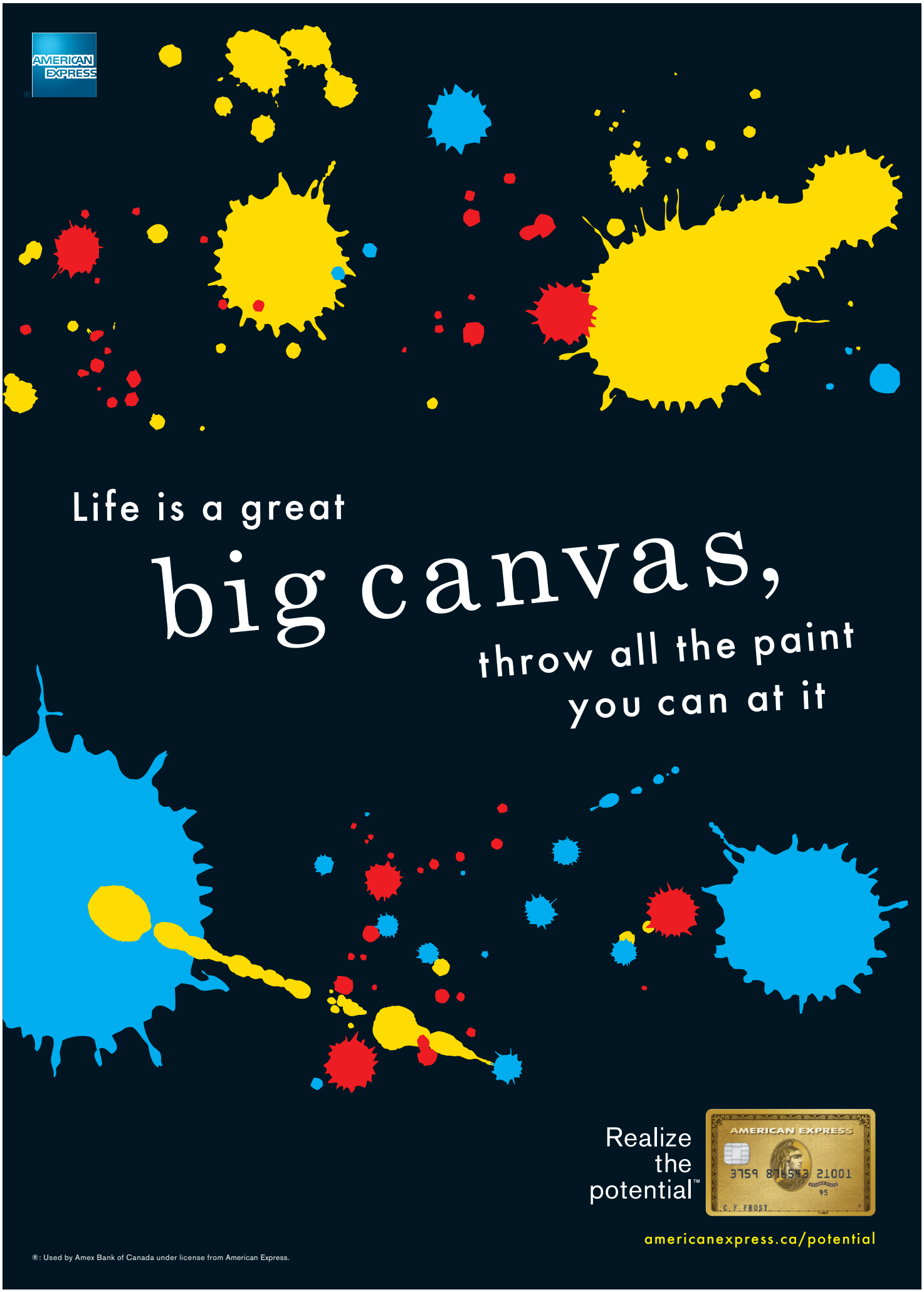
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Launch. Blood in, blood out

▶ Metro national account manager Heidi McLeod, left, Metro Toronto associate publisher Irene Patterson, centre, and national sales director Peter Bartrem check out the Bloodmobile, which was unveiled yesterday by Canadian Blood Services at a downtown launch.

MALCOLM TAYLOR/FOR METRO TORONTO

Collecting blood where you live

The Bloodmobile is a self-contained mobile donor clinic on wheels equipped with four collection stations, where you can give blood in a relaxed setting. Metro is a media sponsor of the Bloodmobile. For more information on where to give blood, visit blood.ca.

Minister says she is open to MS treatment

- **Provincial ministers vow to expedite studies**
- **Research related to treatment underway in Ontario**

The federal health minister says Ottawa has not ruled out clinical trials of a controversial treatment for multiple sclerosis.

Leona Aglukkaq said yesterday Canada could start the trials as soon as she receives findings from seven research projects announced in May.

"Clinical trials will happen in Canada — if and when the research supports it," she said at the conclusion of a meeting with her provincial and territorial counterparts in St. John's, N.L.

Aglukkaq accused the media of leaving Canadians misinformed about Ottawa's intentions regarding the so-called liberation therapy.

Earlier this month, Aglukkaq said it would take more than anecdotes from some multiple sclerosis patients to persuade the federal government to pay for clinical trials.

"At this point in time, we do not have the evidence to proceed," she said Sept. 1, taking a harder line than the nuanced approach floated yesterday.

Proponents of liberation therapy criticized Ottawa's original wait-and-see policy, saying Aglukkaq had to do more.

FRED CHARTRAND/THE CANADIAN PRESS

▶ Aglukkaq

Yesterday, the minister said she has been listening to MS sufferers and her provincial colleagues.

"Every health minister has heard first-hand of the frustrations and the challenges that Canadians with MS and their families face every day," she said.

After yesterday's meeting, Aglukkaq insisted the provinces are onside with Ottawa's plan, even though some are moving ahead with research projects of their own.

The Saskatchewan government has opted to fund clinical trials of the treatment.

And the government of Newfoundland and Labrador announced Monday it plans to pay for a study of multiple sclerosis patients who have chosen to undergo the procedure.

The province's health minister, Jerome Kennedy, said the purpose of the $320,000 study is to evaluate the impact on MS patients, but the government will not pay for patients to have the treatment.

THE CANADIAN PRESS

New treatment

The treatment, developed by Italian doctor Paolo Zamboni, involves widening constricted neck veins to improve blood flow from the brain.

- Zamboni has hypothesized that poor drainage allows the buildup of blood-borne iron deposits that damage brain cells, leading to MS symptoms.
- But researchers say it's not clear if MS causes blocked veins, if blocked veins cause MS, or if the two are entirely unrelated.

News in brief

Woman faces murder charge

CRIME. A woman from Port Hope has been charged with first-degree murder.

Catharine Mary Andrus, 50, was charged yesterday in the death of her common-law partner, Michel Leblanc.

THE CANADIAN PRESS

Chase ends badly for motorcyclist

A 33-year-old motorcyclist is looking at a long list of charges after a pursuit in Ajax.

Provincial police say a driver sped off when an officer tried to stop a motorcycle clocked at high speed on Highway 401.

The officer began a chase but broke it off due to safety concerns and passed the information on to Durham Regional Police.

Durham police pulled over the motorcycle and held the driver for the provincial police constable. Derek Sealy faces charges including flight from police, driving while under suspension and without a validated permit, and stunt driving.

THE CANADIAN PRESS

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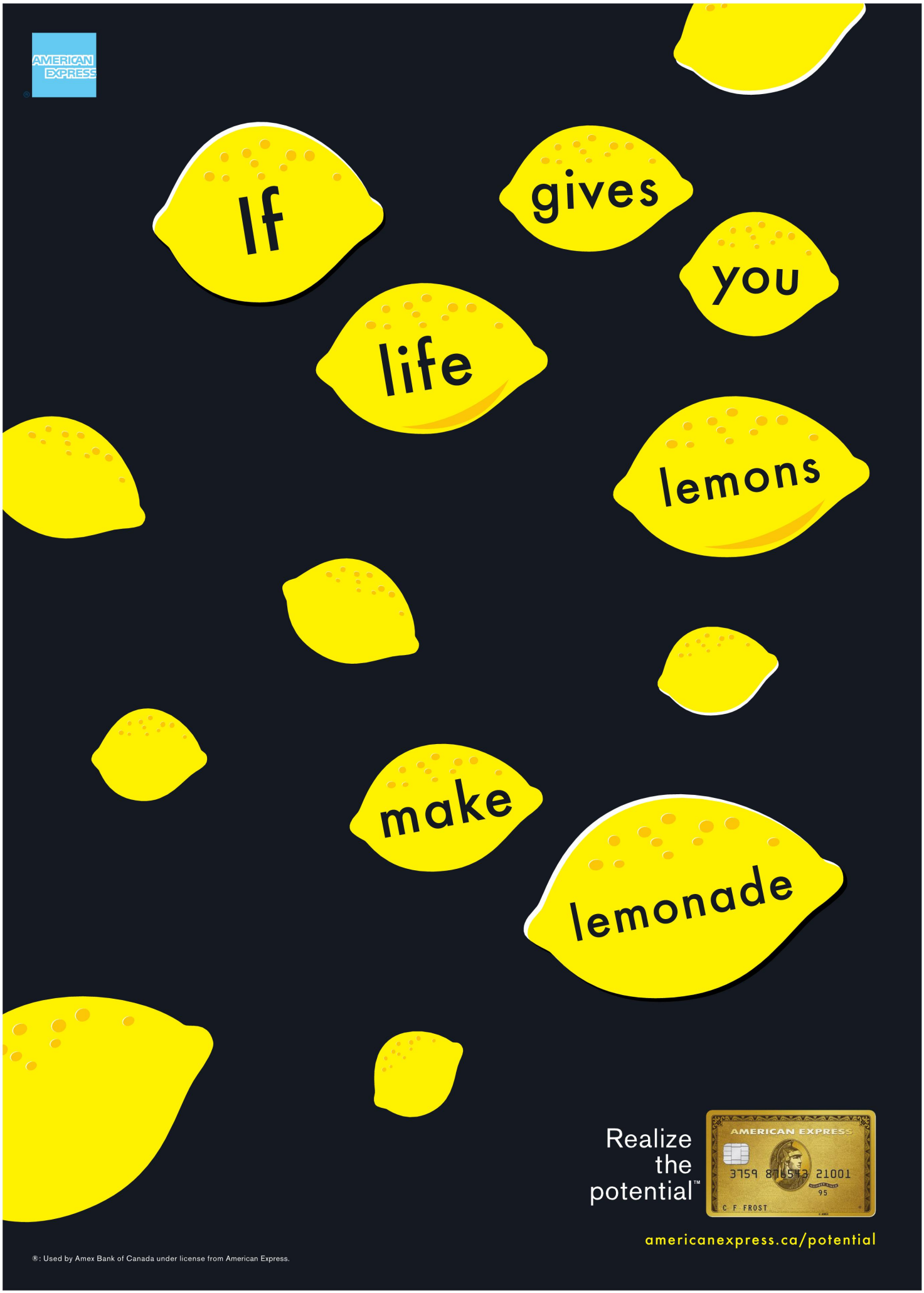

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Quebec City arena plan not dead: Minister

- Calls for Ottawa to fund $400-million arena
- Tories will leave 'door open' on project: Minister

The possibility of Ottawa stepping in to fund a new NHL-quality arena for Quebec City remains alive and well, a senior federal cabinet minister said yesterday.

Christian Paradis — the federal natural resources minister and Quebec lieutenant — provided the latest twist in the head-scratching saga of Quebec City's quest for a new rink.

His remarks came one day after cryptic comments by Prime Minister Stephen Harper prompted a variety of sometimes contradictory interpretations. Many interpreted the prime minister's remarks as having sounded the death knell of the project. Not so, according to Paradis.

CONSERVATIVE.CA

▶ Christian Paradis

He told reporters that, like Harper said, any federal funding would have certain conditions.

It would need to serve a public purpose and not be for professional sports alone, Paradis said. It would have to be spread fairly across the country. And it would need to respect the upcoming climate of fiscal restraint.

Quebec City says its arena project would be designed to help attract the ultimate event in amateur sports: The Winter Olympics. THE CANADIAN PRESS

Cuba. Labour

▶ Workers prepare food yesterday in Havana, Cuba.

FRANKLIN REYES/THE ASSOCIATED PRESS

Cuba has plans for laid-off workers

After announcing Monday that it will cast off at least half a million state employees by mid-2011, Cuba's government has laid out details of a plan for laid-off workers that involves raising rabbits, painting buildings, making bricks, collecting garbage and piloting ferries across Havana's bay.

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With all your other financial responsibilities, it can feel like an uphill battle to save up for the things you dream about. The truth is, it's not. In fact, winning that battle simply calls for the right plan – one built around paying yourself without ever feeling the pinch. You can do it. Here's how:

First, set a target. In other words, decide on your goal. It could be a new home entertainment system. Maybe it's a family vacation or romantic getaway. It could even be a rainy day fund to give you peace of mind. Whatever target you set is entirely up to you, because, after all, this is about rewarding yourself and those you care about.

Next, set a date for reaching your goal. Is it six months? A year? Once you've figured out what you need to save for and for how long, you'll have a better idea how much to save each week or month. But what if saving, say, $25 a week for the next year seems unrealistic?

Give your budget a good hard once-over. What you earn vs. what you spend over a three-month period is a good place to start. Include everything from rent or mortgage payments to your daily coffee fix. Over time, you'll see a few items you can save on. For instance, one less latte or takeout lunch could save you $5 a day. That's $25 each work week or $1,300 a year – it adds up fast!

4 SIMPLE STEPS

1. Set your goal and a timeline
2. Look closely at how much you're spending and where you can save
3. Open a dedicated savings account
4. Set up automatic online transfers to pay yourself first, right after payday

Finally, start paying yourself first. Sure, it helps to spend a little less every day. But, most importantly, set up a separate, dedicated savings account with automatic online transfers right after you get your paycheque – that way you'll always make sure to put aside funds you need to help reach your goal, right from the start.

After all, don't you owe it to yourself?

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ADRIAN WYLD/THE CANADIAN PRESS

▶ Chief of the Air Staff Lt.-Gen. Andre Deschamps testifies yesterday before the Military Police Complaints Commission in Ottawa.

Senior officer defends Forces' detainee policy

- Military police had limited responsibility: Deschamps
- Detainees were monitored by a dedicated officer

A senior officer who helped direct the war in Afghanistan has defended how much information military police received about possible torture in Afghan prisons.

Lt.-Gen. Andre Deschamps, now the air force chief, says the system of keeping everyone in the loop whenever a suspected Taliban fighter was captured evolved over time.

The Military Police Complaints Commission is investigating what military police knew — or should have known — about the alleged torture of prisoners after Canadians turned them over to Afghan authorities.

The commission has heard testimony suggesting military police were deliberately kept in the dark — and perhaps even obstructed — by the overseas headquarters based in Ottawa.

Deschamps was chief of staff for operations at the Canadian Expeditionary Force Command — CEFCOM — from 2006 to 2008 and said he doesn't believe military police had any responsibility for prisoners once they were out of Canadian custody.

He said CEFCOM had an officer specifically assigned to follow the prisoner file and information about conditions was funnelled toward that person and not deliberately kept out of the hands of military police.

THE CANADIAN PRESS

Deadly fighting

▶ Up to 30 insurgents have been killed in fighting ahead of this week's parliamentary elections in Afghanistan, which the Taliban want to undermine, NATO and Afghan officials said yesterday.

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See page 33 for 8-PAGE SPECIAL PULL-OUT FEATURE

CLAUDE PARIS/THE ASSOCIATED PRESS

▶ A police officer watches as Roma, also known as Gypsies, arrive at Marseille airport yesterday prior to deportation to Romania.

Deportation of Gypsies continues

- EU rips France again over crackdown on Roma
- Sixty-nine sent back to Romania on plane yesterday

France's deportations of Gypsies are "a disgrace" and probably break EU law, the European Union's executive body declared yesterday in a stinging rebuke that set up a showdown with French President Nicolas Sarkozy's conservative government.

In recent weeks, French authorities have dismantled more than 100 illegal camps and deported more than 1,000 Gypsies, also known as Roma, mainly back to Romania, in a crackdown that has drawn international condemnation.

EU Justice Commissioner Viviane Reding said she was appalled by the expulsions, "which gave the impression that people are being removed from a member state of the European Union just because they belong to an ethnic minority."

"(This) is a situation that I had thought that Europe would not have to witness again after the Second World War."
EU JUSTICE COMMISSIONER VIVIANE REDING

France could ultimately be slapped with a fine by the European Court of Justice if its expulsions are found to have breached EU law.

"This return can be explained more by the choice of fleeing daily harassment than by a real desire to return to Romania," said advocacy group Education Without Borders, known by its French acronym RESF.

In Paris, French Foreign Ministry spokesman Bernard Valero expressed "astonishment — that's the least you can say" at the announcement by the European Commission.

THE ASSOCIATED PRESS

French Senate votes to ban Islamic face veils

The French Senate yesterday overwhelmingly passed a bill banning the burqa-style Islamic veil on public streets and other places, a measure that affects less than 2,000 women but has been widely seen as a symbolic defence of French values.

The Senate voted 246-1 in favour of the bill in a final step toward making the ban a law — though it now must pass muster with France's constitutional watchdog.

The bill was overwhelmingly passed in July in the lower house, the National Assembly.

Many Muslims believe the legislation is one more blow to France's No. 2 religion, and risks raising the level of Islamophobia in a country where mosques, like synagogues, are sporadic targets of hate.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

▶ A Muslim woman at a news conference in May.

However, the law's many proponents say it will preserve the nation's values, including its secular foundations and a notion of fraternity that is contrary to those who hide their faces.

THE ASSOCIATED PRESS

Legal wording

France would be the first European country to pass such a law, though others, notably neighbouring Belgium, are considering laws against face-covering veils.

- In an attempt to head off any legal challenges over arguments it tramples on religious and other freedoms, the leaders of both parliamentary houses said they had asked a special body to ensure it passes constitutional muster. The constitutional council has one month to rule.
- The bill is worded to trip safely through legal minefields. For instance, the words "women," "Muslim" and "veil" are not even mentioned in any of its seven articles.

Eiffel Tower cleared after threat

The area under Paris' Eiffel Tower was reopened to tourists last night after an anonymous caller phoned in a bomb threat and police combed through the famous monument looking for suspicious objects. France's BFM television and other French media reported that police found nothing suspicious at the tower. About 2,000 people were evacuated. French media also said a second tourist hub — the Saint-Michel subway station near Notre Dame Cathedral — was briefly evacuated.

THE ASSOCIATED PRESS

Pond searched in missing case

RCMP say divers have not found any human remains in a pond being searched as part of an investigation into the disappearance of an Edmonton couple. Sgt. Tim Taniguchi said police brought in a dive team yesterday to ensure that a property west of the city is thoroughly scoured for clues. Lyle and Marie McCann were last seen July 3.

Travis Vader, 38, was arrested by RCMP on unrelated charges. Police have said he is a suspect in the McCann case, but he has not been charged.

THE CANADIAN PRESS

McGuinty defends Far North Act

Premier Dalton McGuinty is defending his decision to move ahead with northern land development legislation over the objections of First Nations leaders.

He said there has been "extensive consultation" over the Far North Act, which is slated for a third and final reading in the provincial legislature tomorrow. The bill would lock up to 42 per cent of Ontario's land mass from development, protecting 225,000 square kilometres of boreal forest. But several aboriginal chiefs say the bill robs them of treaty rights. THE CANADIAN PRESS

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NDP CAUCUS

Party may save gun registry: Layton

Federal NDP Leader Jack Layton said yesterday at his party's federal caucus meeting in Regina that enough votes will be coming from his party to potentially save the gun registry. A bill to kill the registry passed second reading by a vote of 164-137, thanks to the support of 12 NDP members and eight Liberal MPs. But four of the 12 New Democrats have since said they had changed their minds.

Layton did not immediately say which of his party's remaining holdouts have now also indicated they will vote against the bill. Liberal Leader Michael Ignatieff has declared that all of his MPs must follow party policy in support of the registry.

THE CANADIAN PRESS

Suu Kyi's party not in Myanmar election

A total of 37 parties will contest the upcoming elections in military-ruled Myanmar, state media announced yesterday, but they won't include the group affiliated with detained pro-democracy leader Aung San Suu Kyi.

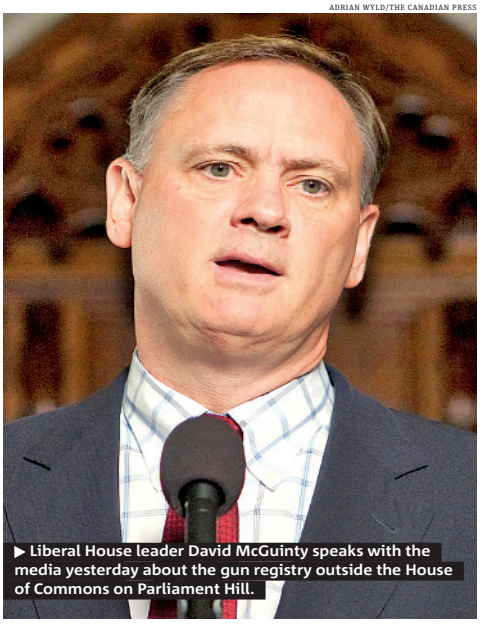
THE ASSOCIATED PRESS

War hero's secret past revealed

Eileen Nearne died Sept. 2 at the age of 89. Only yesterday did Britain learn of her heroic past during the Second World War. Scan this code for the full story.

NRA should butt out: Liberal house leader

ADRIAN WYLD/THE CANADIAN PRESS



▶ Liberal House leader David McGuinty speaks with the media yesterday about the gun registry outside the House of Commons on Parliament Hill.

- A Tory private member's bill that would kill long-gun registry comes before the Commons next week
- Numbers so far have been close

The Liberals are calling on the governing Conservatives to "come clean" about alleged links to a powerful American gun lobby group.

But the Tories deny any connection to the National Rifle Association and dismiss the claim as a "conspiracy theory."

Liberal House leader David McGuinty is turning up the heat in the debate over the long-gun registry, the subject of a cliff-hanger Commons vote next week. But McGuinty offers little new evidence of any real ties between the Tories and the National Rifle Association.

He said reports this year suggested the NRA was coaching Canadian firearms groups on lobbying techniques. He also said that, in 2006, Tory MP Garry Breitkreuz co-hosted a forum that featured the head of the NRA as a speaker. THE CANADIAN PRESS

"This is a government that is choosing to listen to a powerful foreign influence over our own police, our victims' groups, our medical experts, in fact, the majority of Canadians when it comes to gun control."

DAVID MCGUINTY, LIBERAL CAUCUS LEADER

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▶ U.S. Secretary of State Hillary Rodham Clinton, centre, meets yesterday with Israeli Prime Minister Benjamin Netanyahu, left, and Palestinian President Mahmoud Abbas, in Sharm El-Sheikh, Egypt, for Mideast peace talks.

Peace talks show no signs of progress

Talks relocating to Jerusalem tomorrow Gesture meant to stress gravity of first direct talks between Israelis and Palestinians in almost two years

Under pressure to compromise, Israeli and Palestinian leaders yesterday dug into the central issues blocking a peace deal, but ended the latest round of talks without visible progress on the divisive issue of Jewish settlements.

Israeli Prime Minister Benjamin Netanyahu and Palestinian President Mahmoud Abbas held an extra, unscheduled session with U.S. Secretary of State Hillary Rodham Clinton, but there was no word on signs of a breakthrough.

After the leaders' first meeting at this Red Sea resort, U.S. peace envoy George Mitchell offered reporters a mildly positive assessment. Mitchell said the core issues in the peace process were discussed, but all sides agreed not to reveal which ones or with what results.

"I'm not going to attempt to identify each one that was discussed, but several were in a very serious, detailed and extensive discussion," Mitchell said.

THE ASSOCIATED PRESS

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Good news and bad news in hunger fight

Report says there are 98 million fewer chronically hungry people than in 2009, when figure topped one billion Food prices still high

The number of chronically hungry people in the world dipped considerably below the one billion mark — the first drop in 15 years—thanks partly to a fall in food prices after spikes that sparked rioting a few years ago, UN agencies said yesterday.

Still, an estimated 925 million people are undernourished worldwide, and the latest figures don't reflect the repercussions from the massive flooding in Pakistan.

The Rome-based Food and Agriculture Organization's report suggested some progress in the battle to end hunger, but stressed the world is far from achieving the UN promoted Millennium Development Goal of reducing the proportion of undernourished people in developing countries to 10 per cent by 2015.

The drop below the one billion mark reflects progress China and India have made in feeding their own. Still, those two nations account for 40 per cent of the world's undernourished people.

THE ASSOCIATED PRESS

PIER PALO CITO/THE ASSOCIATED PRESS

▶ Food and Agriculture Organization director-general Jacques Diouf, right, blows a whistle yesterday next to Josette Sheeran, executive director of the UN World Food Program, after a news conference in Rome.

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Police re-enactment looked like a bear: Testimony

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Mary Beth Harshbarger

A police re-enactment of Mark Harshbarger's last movements as seen through a rifle scope looked like those of a black bear, says the owner of a hunting lodge in central Newfoundland.

Reginald White told Mary Beth Harshbarger's criminal trial yesterday that he viewed the scene through her rifle scope as police tried to replicate what happened when she shot and killed her husband Sept. 14, 2006.

The 45-year-old Pennsylvania woman is being tried by judge alone on a count of criminal negligence causing death. Harshbarger has said she shot and killed her 42-year-old husband during a hunting trip after mistaking him for a bear.

The couple was staying at White's Moosehead Lodge near Buchans Junction, N.L., with their baby son and four-year-old daughter.

Looking through a rifle scope, White said an RCMP officer dressed in dark coveralls and moving in the woods shortly after sunset during the re-enactment looked "like an animal."

He said the object was dark and "about four feet high." THE CANADIAN PRESS

Divided

The death has starkly divided the victim's family.

They say Mary Beth Harshbarger, a U.S. citizen from rural Meshoppen, Pa., who was extradited to Newfoundland, began a relationship with her late husband's brother soon after the killing.

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Albertans could get stuck with huge tab

Report finds oilsands-cleanup fund allows for $12,000 a hectare
Cost could be $320,000 a hectare

An environmental think-tank says Alberta taxpayers could potentially have to pay billions of dollars in oilsands cleanup costs because of inadequate government regulation.

A Pembina Institute report suggests current financial guarantees that energy companies must make to pay for cleaning up the oilsands could amount to as little as one-twentieth of the real cost. In the worst-case scenario, that could leave a liability of up to $6,300 per taxpayer.

Operators are required to post security deposits to ensure there's money for reclamation of oilsands sites in case the companies are either unwilling or unable to pay. They estimate the required amount themselves.

"The true cost of cleanup is being under-reported and hidden from Albertans."
SIMON DYER, CO-AUTHOR, PEMBINA INSTITUTE REPORT

"There's no publicly available information as to how the Alberta government validates that," said Simon Dyer, one of the report's co-authors. "There's no third-party assessment of that." THE CANADIAN PRESS

Newborn. Without a home

"George Francis" sleeps in a clinic at the Manila airport.

JOSE STEVE LITA/THE ASSOCIATED PRESS

Plane baby needs mom

A government official said yesterday that "George Francis," the baby born on a recent flight from the Middle East to the Philippines and abandoned in an airplane trash bag, will be put up for adoption if the mother is not found or declared unfit. The baby is named after Gulf Air's flight code, GF, and is being monitored closely by nurses and social workers.

Ex-Chile leader to head UN agency

UN Secretary-General Ban Ki-moon announced the appointment yesterday of Chile's former president Michelle Bachelet to head the UN agency to promote women's equality, saying she will bring "dynamic global leadership" to the new post. THE ASSOCIATED PRESS

Selection process

Pool of 26 The UN chief said Michelle Bachelet was chosen from 26 candidates from around the world nominated by governments, nongovernmental organizations and civic groups.

Japan PM vows to push ahead

Kan

Japanese Prime Minister Naoto Kan may have fended off a challenge yesterday from a powerful politician in his own party, but now he faces the more daunting task of reviving an economy that has sputtered under five premiers over the past four years.

Kan vowed to use the victory over Ichiro Ozawa to promote efforts to cap spending, create jobs and build unity within the party. THE ASSOCIATED PRESS

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One down, two to go: Woman released in Iran

Iran official says $500,000 bail was paid • Neither U.S. government nor family paid the bail: U.S. official

THE ASSOCIATED PRESS

Sarah Shourd

An American woman released by Iran yesterday after more than a year in prison flew out of the country to the nearby Gulf nation of Oman to be reunited with her mother after a $500,000 bail was paid to win her freedom.

However, the case that has deepened strains between the U.S. and Iran was still far from resolved.

Iranian authorities said they are not considering the immediate release of the two Americans arrested with 32-year-old Sarah Shourd.

Iran has charged all three with spying, though their families say they were innocent hikers arrested in a scenic mountain area along Iran's border with Iraq.

The families of the three said they are relieved over Shourd's release, but heartbroken her two friends remain in custody.

They applauded Iranian authorities for showing compassion for Shourd and called on the government to immediately release her companions, saying Shane Bauer and Josh Fattal "deserve to come home, too."

Iranian President Mahmoud Ahmadinejad has said Shourd was being released on compassionate grounds because of health reasons.

Her mother says she has serious medical problems, including a breast lump and precancerous cervical cells.

THE ASSOCIATED PRESS

Coke bust may have links to Ont. gangs

Police say a Winnipeg man is facing charges after they seized seven kilograms of cocaine at a ferry terminal in Nova Scotia.

William Jack Reardon was to appear in court yesterday, accused of possession for the purpose of trafficking.

Cape Breton Regional Police said the 28-year-old Reardon was arrested at the Marine Atlantic terminal in North Sydney Monday afternoon. Officers said the cocaine was apparently destined for Newfoundland and they believe there's a connection to a larger criminal organization based in Ontario.

THE CANADIAN PRESS

7
kilograms of cocaine were seized, a record bust for the Cape Breton police.

DARRYL DYCK/THE CANADIAN PRESS

A commercial fishing boat off the B.C. coast.

FISHING GENERATES $240B A YEAR: STUDY

Fisheries around the globe generate a whopping $240 billion US in annual revenues, according to a new study that for the first time tallies the value of all the indirect industries linked to the lucrative, but fragile, resource.

Researchers at the University of British Columbia added up the worth of several sectors supported by the commercial fisheries, finding the total benefit was three times more than the landed value of the fish alone.

Rashid Sumaila, director of the university's fisheries centre, said the research shows the true value of international fisheries in terms of jobs and how much they support individual incomes around the world.

"Fish contribute significantly to global well-being through revenues, jobs and through household incomes," Sumaila said.

THE CANADIAN PRESS

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Aid to Pakistan hiked

UN seeking $460 million for immediate relief needs

The damage caused by Pakistan's massive flooding is worse than January's Haiti earthquake, says International Co-operation Minister Bev Oda, but Ottawa has contributed only one-tenth the aid to this disaster.

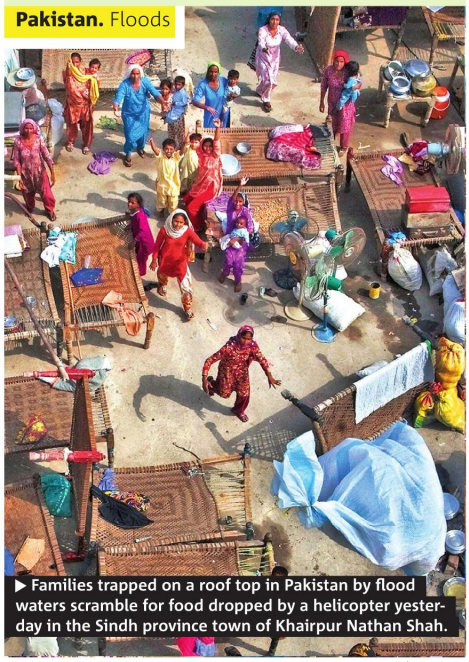
Oda announced an additional $7.5 million in aid to Pakistan yesterday after flying over a flooded region in Pakistan.

That brings Ottawa's total contributions to $40.5 million, making Canada the fourth highest donor to Pakistan's flood-relief efforts — but still far behind the two-year, $400-million pledge Canada made to Haitian earthquake relief.

Heavy rains in late July caused massive flooding that killed 1,700 people and has affected 21 million more. THE CANADIAN PRESS

"The need is certainly as large ,if not larger than Haiti."
BEV ODA, INTERNATIONAL CO-OPERATION MINISTER

Pakistan. Floods



▶ Families trapped on a roof top in Pakistan by flood waters scramble for food dropped by a helicopter yesterday in the Sindh province town of Khairpur Nathan Shah.

DANIEL BEREHULAK/GETTY IMAGES

Flood waters still rising

More than six weeks after flooding began, new devastation continues across the Sindh province of Pakistan, as flood waters, still on the rise, continue to overcome new villages. The country's agricultural heartland has been devastated, with rice, corn and wheat crops destroyed by floods.

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
+ 43.12 (12,192.98)	– 0.04¢ ($97.30¢ US)	– 39¢ US ($76.80 US)	$3.966 (+ 2.8¢)
			Gold contracts $1,271.70 (+ $24.60)

ONLINE TV

Telus won't keep pace with rivals

Telecom company Telus says it has no plans to match competitors Bell and Shaw by buying up media assets to provide content for its TV, online and wireless services.

Chief commercial officer Joe Natale said Telus doesn't need to own content in order to provide it to consumers. Instead, Natale said Telus will continue its strategy of providing content that's already out there.

Natale, speaking via webcast from Toronto at the BMO Capital Markets media and telecom conference, also said he believes the federal broadcast regulator will ensure that content is made available to all providers.

Telus finds itself as one of Canada's only major telecom providers that doesn't also own a large stable of media assets.

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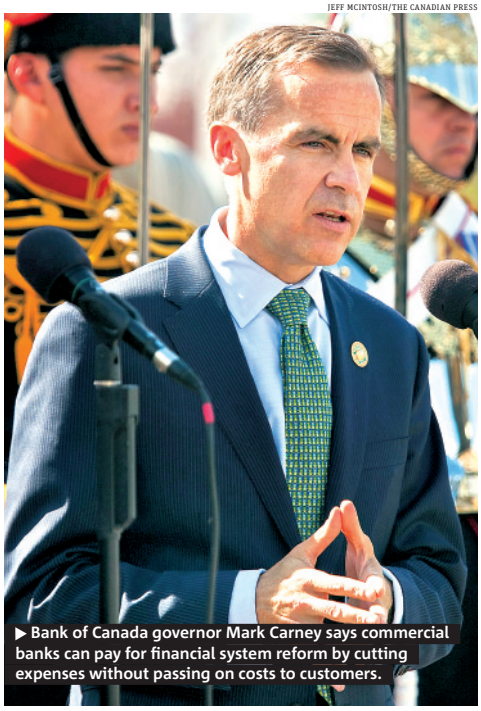
Another brick in the wall for Montreal's Mega Brands

Danish toy giant Lego has lost a final trademark ruling in European Court against Montreal-based Mega Brands over the plastic building blocks they both manufacture.

The court validated a lower-court ruling that Lego's bricks can't be legally protected by trademark law because their two rows of interlocking studs are a functional, technical shape that cannot become the property of any one company. THE CANADIAN PRESS

Bank reforms costly but worth it: Carney

JEFF MCINTOSH/THE CANADIAN PRESS



▶ Bank of Canada governor Mark Carney says commercial banks can pay for financial system reform by cutting expenses without passing on costs to customers.

Top banker says global downslide shows system needs to change

Bank of Canada governor Mark Carney says commercial banks can pay for the cost of financial system reform by cutting expenses — particularly personnel expenses — without passing on costs to customers.

In an address yesterday to business executives and academics in Germany, the head of Canada's central bank gave an unqualified thumbs up to the G20 reform process that calls on banks to load up on capital, even though it makes the cost of operations higher.

Carney said proposals from the Basel III process that require lenders to retain more equity and add a buffer to core reserves strikes the correct balance between "resiliency and efficiency."

But while Carney said the payoffs will be substantial in the long term, asking banks to hike capital ratios by two percentage points and strengthen liquidity standards will impose costs, both on banks and on the economy.

Past experience suggests Canada's chartered banks will pass on those costs by increasing borrowing spreads to their clients, Carney said. This could result in a one-time, 0.3 per cent reduction in gross domestic product.

Other alternatives, he says, include raising additional capital by issuing equities, holding on to earnings, or shedding assets. But he adds banks should consider another option — cutting operating costs by reducing personnel expenses, which could involve downsizing or reducing executive bonuses.

"If banks were to reduce personnel expenses by only 10 per cent, they could lower spreads by an amount that would completely offset the impact of a two percentage point increase in capital requirements."

THE CANADIAN PRESS

"In an increasingly multi-polar economy, we simply cannot afford to lurch from crisis to crisis every five years. To reduce this frequency, we need a strong, universally applied framework. The Basel III rules, combined with (other initiatives), have the potential to be just that."
MARK CARNEY, BANK OF CANADA GOVERNOR

Van Houtte sold for $915M

Quebec-based coffee services company Van Houtte has been sold to Vermont's Green Mountain Coffee Roasters Inc. for $915 million to strengthen the U.S. coffee company's position in North America.

Green Mountain has been partnering with Van Houtte since 2001 and has been looking to get a better foothold in the Canadian market. The U.S. firm already operates under the Timothy's banner in Canada.

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HADFIELD SHOOTING FOR THE STARS

Just sayin'

PAUL SULLIVAN

Chris Hadfield is living my dream.

He's gearing up to become the first Canadian commander of the International Space Station on a six-month mission starting in 2012.

It's not exactly Star Trek since he's hardly going where no man has gone before. Actually, he will just circle the Earth every 90 minutes for six months, but I'll bet you never get tired of the view. From one window you can see Africa. From the other: Infinity and beyond.

OK, so it's not exactly interstellar travel at warp speed, but it is the real thing, the edge of the human frontier in the year 2012. While it may be humble, it's the first permanent settlement outside the planet.

He will be hitching a ride on a Russian Soyuz rocket in December 2012, because the U.S. government is ending the space shuttle program, and private industry that is racing to take over is still in the test rocket stages. But that's cool; Russian rockets still work. And it's also ironic: While the Russians are schlepping Hadfield to the space station, here on Earth Hadfield's prime minister, scaremonger-in-chief Stephen Harper, is trying to whip up paranoia about a Russian attack from across the Bering Strait so he can justify spending $20 billion on fighter jets.

"No wonder I feel more at home on the cosmic range. There's no intelligent life down here."

No wonder I feel more at home on the cosmic range. There's no intelligent life down here.

Hadfield, like me, dreamed of space travel when he was a teenager. Unlike me, he could handle math and physics; instead, I learned to push words around. Dave, his more down-to-earth brother, put it well in a recent interview: "As you go through life there are forks in the road and he always took the one that could possibly lead into space."

So he's rocketing to the stars and I'm still here, writing about it.

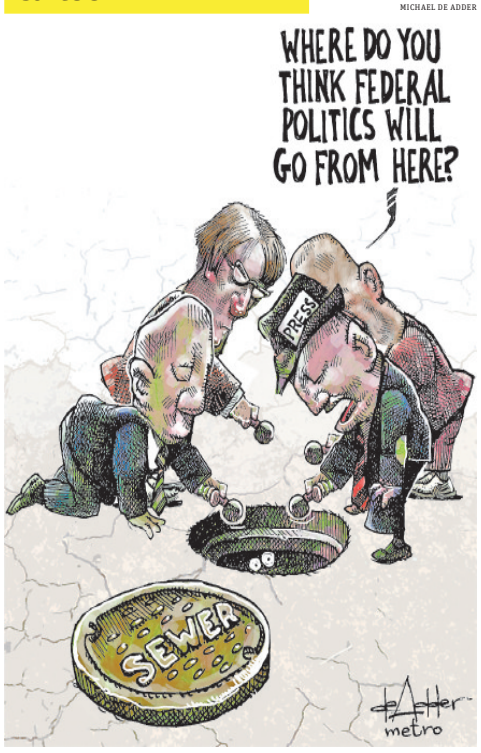
No doubt nine out of 10 red-blooded Canadian boys are dreaming of becoming Sidney Crosby and making $10 million a year in the NHL, but there must be a few who want to be just like Chris Hadfield, who started in air cadets, flew CF18s and has logged two other space journeys. And if the boys don't have their heads in the stars, there are millions of young Canadian women who can look up to Hadfield, fellow Canadian astronaut Robert Thirsk, and Canada's First Lady of space, Julie Payette.

It's just possible that because of these 21st-century pioneers, a few more Canadian kids will set their sights on the final frontier and pursue science degrees instead of becoming doctors of social media, majoring in Twitter.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Cartoon

MICHAEL DE ADDER



He has time on his hands

Worth mentioning

A U.S. prisoner who has filed more than 3,800 lawsuits and targeted the famous, the infamous and even the long dead is now being sued by federal officials who want him to knock it off.

U.S. federal prosecutors who say they have had enough of the frivolous filings have filed a lawsuit of their own, asking a judge to take unusual action to stop Jonathan Lee Riches. Since 2006, Riches has filed lawsuits in nearly every jurisdiction in the U.S., court documents show. The inmate, who dubbed himself "Lawsuit Zeus" in one of his thousands of court cases, has filed up to four of his handwritten petitions a day in Kentucky courts alone.

The 33-year-old inmate at the U.S. federal prison in Lexington, Ky., has sued New England Patriots coach Bill Belichick, former U.S. president George W. Bush, Atlanta Falcons quarterback Michael Vick and even Somali pirates. Sometimes, Riches asks for money, other times an injunction to stop alleged, if physically impossible, activity.

Among Riches' targets have been "Adolf Hitler's National Socialist Party," the ancient philosopher Plato, the celestial body formerly known as the planet Pluto, and the Guinness Book of World Records. THE ASSOCIATED PRESS

Called to the bar(s)

CONTRIBUTED

What food can you absolutely not stand to eat?

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Metro Minute on the Danforth

It's been almost a decade since My Big Fat Greek Wedding transformed the Pappas Grill into a silver screen landmark. Thankfully, the Danforth institution didn't let sudden stardom go to its head and has continued to churn out reams of souvlaki and saganaki (Opa!). While walking along the stretch of Greektown between Broadview and Chester, you may also notice the Brass Taps Pizza Pub at 493 Danforth Ave., which enjoyed a cameo as the travel agency where Nia Vardalos' character Toula worked. Or you may want to take advantage of Dine Around The Danforth, where select restaurants are offering special prix fixe menus between $10 and $30. JORDANA DIVON

CONTRIBUTED

▶ To find out which restaurants are participating in Dine Around The Danforth until Sept. 30, check the festival website at danforthmosaicbia.com.

2 scene

TIFF offers plenty of stargazing

Halfway through the Toronto International Film Festival and the stars have not disappointed

ALL PHOTOS GETTY IMAGES

▶ Uma Thurman making fans days at the premiere of Ceremony.

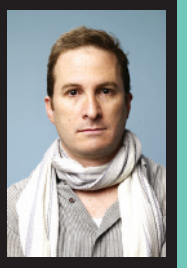
▶ Country star Keith Urban and Nicole Kidman make a cute couple at the premiere of Rabbit Hole.

▶ Helen Mirren looking gorgeous at the premiere of Brighton Rock.

▶ Scott Speedman turning heads at the E1 Entertainment Party.

▶ Kevin Spacey drops by the E1 Entertainment Party.

News in brief



Darren Aronofsky's Black Swan is one of the most buzzed-about titles at the Toronto International Film Festival, but the director says he struggled to get it made. The film, which stars Natalie Portman, is already generating serious Oscar whispers and comparisons to Aronofsky's last film, the critically acclaimed The Wrestler. But Aronofsky says he still lacks the budget to make a splash with TV ads to promote the movie.

THE CANADIAN PRESS

SCANLIFE

For more TIFF coverage, scan this code or visit metronews.ca/scene

Biutiful Bardem

Oscar winner keeps hitting them out of the park with his latest role as a cancer-stricken father ◗ Actor feels blessed to be working in great films

PHIL BROWN
SCENE@METRONEWS.CA

Over the last 10 years, Javier Bardem has established himself as one of the finest actors in international cinema.

Since his breakout role in Before Night Falls, the actor has steadily risen in status, bringing home an Oscar for No Country For Old Men and now starring in Alejandro González Iñárritu's Biutiful, a film that already won him the Best Actor prize at Cannes and is sure to bring in slew of other awards by the year's end. But when speaking with Metro, the actor proved to surprisingly humble about his career.

"I'm blessed and lucky," claimed Bardem. "I'm a belong to the three to four pre cent of actors that have jobs, most are unemployed. To be able make a living out of this and work on brilliant films is blessed.

"I always wanted to work with the Coens and I did. From the very first moment I saw Amores Perros, I wanted to work with Alejandro and I now I have. I think the payoff for me is patience. Since I started 20 years ago, I have been patient. My mother was an actress and my grandparents were actors, so I knew that this was a marathon. That's difficult in our society because you're taught that you have to succeed fast."

Persistence and patience has clearly played a role in Bardem's success, but despite what he humbly stated, his extraordinary talent played a vital role as well. Not many actors could so eloquently express the inner life of a man dying from cancer while trying to raise children and provide work for illegal immigrants in Biutiful, and even fewer could make it through the role without it affecting their daily lives.

"You don't have to get lost your own thoughts and emotions thinking that's going to make your performance better," explained the actor. "You really have to detach yourself from this sort of role because getting lost doesn't make improve your acting and more importantly, it doesn't help you live a better life."

Javier Bardem stars in Biutiful.

Ferrell puts it all out there

ANNE BRODIE
SCENE@METRONEWS.CA

Everything Must Go stars Will Ferrell as a newly unemployed, newly abandoned alcoholic who has hit the bottom.

He is reduced to living illegally on his front lawn surrounded by the detritus of his former life, continously sucking back beers and wondering what happened. He lost his job, wife, car and self respect on the same sad day, and he's reduced to standing guard over his junk, as though it really mattered.

It has a creepy resonance to many people hurt by the recession, working people made homeless and tossed to the edges of society. Ferrell says the film is appropriate for the times.

"We've heard that from a lot of people who have seen the movie that it feels right, for what everyone's going through right now. Not to go too deep, but I watch the movie and say, 'It's a real statement on consumerism.' We're conditioned to think that we need all this stuff."

Ferrell's character is a hoarder who keeps worthless objects that have some kind of magical hold over him or are reminders of past happiness. He seems to be an example of the modern sickness bred by the consumerist money-driven society North Americans live in.

"We've heard that from a lot of people who have seen the movie that it feels right, for what everyone's going through right now."
WILL FERRELL

"I was just watching the news and they were saying that Americans are saving more than they ever have," Ferrell said. "They're savings are back up because everyone was so criticized for not cutting up their credit cards and having horrible debt.

"Savings have shot up which is supposed to be a good thing, but consumer spending is down. And they're saying 'What are we going to do to get consumer spending back up?' and I wonder when this awful cycle is going to end?

"Why is it up to us to save the economy? Can't everyone just get along? So maybe that's what the movie is about," he adds.

Will Ferrell stars in Everything Must GO, about a man whose life is in ruins after losing his job and wife.

Schwimmer gets dark in directing chair

PHIL BROWN
SCENE@METRONEWS.CA

David Schwimmer returns to TIFF this year with his second feature film as a director following an appearance at the 2007 fest with Run, Fatboy, Run. However, audiences will be surprised with the Friends veteran's new movie Trust as it's not another gentle comedy, but a serious drama about online child predators.

For Schwimmer, this was a highly personal subject more in line with the charity work that he's done for years than anything he's done in film and television.

"I have been involved with The Rape Foundation for about 12 years," Schwimmer told Metro. "We raise money for the rape treatment center at UCLA Santa Monica Hospital and through my work there I've met a lot of child victims and their counselors.

"At one event we had a father speak for the first time about his experience when his daughter was brutally raped and how he almost went crazy. I sat there and thought, I've never seen this before. No one has ever talked about the unique relationship between a father and a daughter when something like this happens."

That event kicked off an almost decade-long journey to turn the story into a film, culminating with the premiere of Trust at this year's festival.

When asked why it took so long for him to develop a screenplay for a story that held such a vested personal interest, Schwimmer responded, "it was really tough finding the motor of the story and what we first realized was that we really didn't want it to be like Ransom or Taken."

"We needed a thriller aspect to keep the engine going in the father's story, but the challenge was combining that with the story of the daughter's recovery simultaneously."

The result is a surprisingly restrained, ambiguous, and powerful tale of sexual abuse that never would have been expected from the actor/director, one that just might set him down a new career path as a dramatic filmmaker.

FRANK GUNN/THE CANADIAN PRESS

▶ David Schwimmer directed Trust, a drama about online child predators.

▶ Paul Giamatti and Dustin Hoffman star in Barney's Version, based on Mordecai Richler's final novel.

Trying not to let down a country

Barney's Version actors realized how iconic the novel is to Canadians and the pressure on their shoulders ◐ Films can't be a copy of books though

RICHARD CROUSE
SCENE@METRONEWS.CA

Mordecai Richler's final novel, Barney's Version, is a portrait of an erasable television producer's journey through amour, murder and Montreal. An international bestseller, it's also one of the most celebrated and iconic Canadian books of all time and now it is a movie starring Paul Giamatti in the lead role.

The Connecticut-born Oscar nominee, however, didn't realize how well loved the book is in Canada.

"It was a gradual realization," he said. "I don't think I had any one moment when it actually hit me. I think it is actually hitting me more now that I am here (in Toronto) and every one is saying to me, 'This is iconic.'

GETTY IMAGES

▶ Minnie Driver

"I did an interview in Rome (during the shoot) with Canadian television and somebody said to me, 'Wow, you must be really nervous,' and I thought 'Jesus Christ, I wasn't until now.' I think I was mostly feeling that I'm an American guy and I don't want to screw up something precious to Canadians."

Co-star Minnie Driver, who plays Barney's second wife, learned how loved the book is by Canadians when she joined the shoot in Montreal.

"I found out very soon that it was such a beloved and extraordinary book. It was a wonderful discovery. It was so great to be part of something that is the fabric of other people's lives in such a profound way."

She warns, however, that the book isn't a photocopy of the novel. "It's a different animal. You can't look at the film and go 'There's so much missing from the book.' When you are making a film it is a particular art form and you have only a certain amount of time to tell the story and you have to filet out and tease out those moments that you are going to stick with."

Giamatti concurs. "Although part of me thinks that I don't want everyone, when they read the book, to only see me," he says. "I hope people can still see what they want to see in the book and separate the two. Hopefully they exist as two different beasts."

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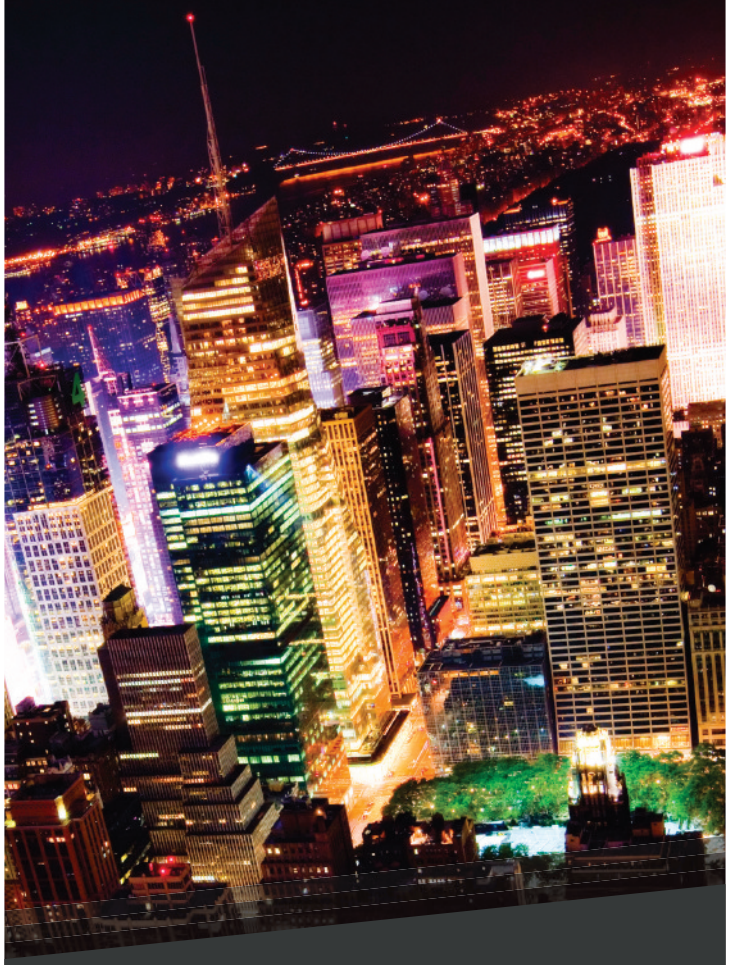

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TIFF Movie reviews — See it twice | See it now

I Saw The Devil
Genre: Thriller
Director: Kim Jee-Woon
Stars: Lee Byung-hung, Choi Min-sik

The Good, The Bad, And The Weird director Kim Jee-Woon returns to TIFF with an unrelentingly violent and disturbing serial killer movie sure to induce nausea in the squeamish. Jee-Woon is a master visual stylist, crafting a film with an odd beauty despite the grizzly subject matter. Though certainly not for everyone, audiences who enjoy suspense and ultra-violence are sure to enjoy this revenge story about a man who pursues the killer who took his wife and vies to put him through an equally harsh experience. To say he succeeds is an understatement. Covering your eyes during this movie is not admitting defeat, but practically a requirement. PHIL BROWN

Henry's Crime
Genre: Comedy
Director: Malcolm Venville
Stars: Keanu Reeves, Vera Farmiga, James Caan

▶ Keanu Reeves stars in Henry's Crime.

Keanu Reeves plays a poor but honest Buffalo toll booth collector who is framed for a hold-up and sent to prison. He doesn't defend himself — he really is innocent — because according to his cellmate (Caan), he doesn't have a dream. Shortly after being run over for a local actress and TV ad spokesmodel (Farmiga) he finds his dream — to rob the bank he served time for robbing. The script is clever, wry, and lean, the performances are terrific, and who doesn't love a great heist story with a threesome of lovable, interesting criminals leading the way?. ANNE BRODIE

Cave Of Forgotten Dreams
Genre: Documentary
Director: Werner Herzog
Stars: Werner Herzog

The legendarily eccentric and ingenious Werner Herzog crafts a beautiful docu-

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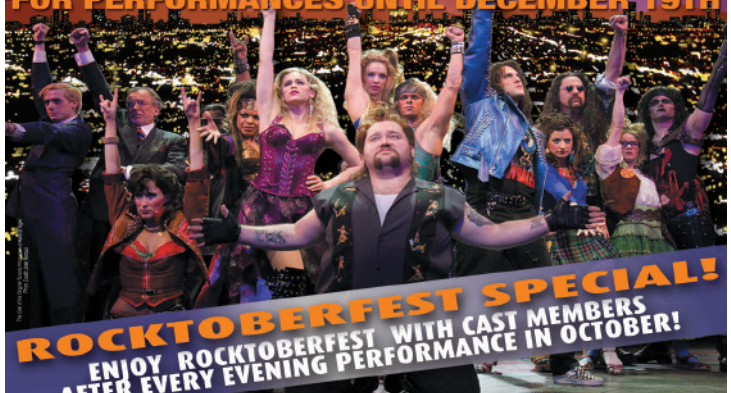

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mentary about the nearly impossible to access cave paintings of Chauvet-Pont-d'Arc. Herzog was the first filmmaker permitted to photograph the caves and presents them in gorgeous 3-D imagery that highlight how the ancient images interact with the contours of the cave walls. Unfortunately, the movie doesn't amount to much more than pictorial beauty and an academic discussion of the Neanderthals who created the paintings, but there are a few Herzog-ian diversions such as a bizarre sequence involving the radioactive albino alligators born out of a nearby nuclear facility.

PHIL BROWN

What's Wrong With Virginia
Genre: Comedy/Drama
Director: Dustin Lance Black
Stars: Harrison Gilbertson, Jennifer Connelly, Ed Harris
●●●
Dustin Lance Black's directorial debut feels like a white trash crime/comedy directed by Douglas Sirk. Deliberately heightened melodrama and gorgeous saturated cinematography define this bizarre tale of a young man pursuing the daughter of a local sheriff even though the sheriff has enjoyed a longtime affair with his damaged mother and might be his father. The story is so over-the-top that it can be hard to take seriously, but fortunately Black curbs that with dark humour and grounding performances from an incredible cast (particularly Jennifer Connolly and Ed Harris). There are a few too many competing ideas and cinematic styles at play for it all to congeal perfectly, but too many ideas are always better than none.

PHIL BROWN

Meek's Cutoff
Genre: Drama
Director: Kelly Reichardt
Stars: Michelle Williams, Paul Dano, Bruce Greenwood
●●●●½
Larger in scope than her previous films Old Joy and Wendy and Lucy but possessed of the same poetic sensibility, Meek's Cutoff is a frontier tale shorn of cliches. This story of a small wagon train wandering through 19th Century Oregon is preoccupied with time and distance rather than genre archetypes. The ensemble cast, including Bruce Greenwood as the group's eponymous, possibly untrustworthy guide, is superb, as is the cinematography, which eschews widescreen majesty for darker and more intimate textures.

ADAM NAYMAN

Wednesday

9 a.m.
•Gorbaciòf - The Cashier who Liked Gambling, Varsity 7
9:30 a.m.
•Potiche, Varsity 8
11 a.m.
•The Debt, Visa Screening Room (Elgin)
12 p.m.
•Henry's Crime, Ryerson
•The Human Resources Manager, Varsity 78
12:30 p.m.
•Buried, Varsity 8
2 p.m.
•Balada Triste (The Last Circus), AMC 7
2:15 p.m.
•The Game of Death, AMC 2
2:30 p.m.
•The Promise: The Making of Darkness on the Edge of Town, Visa Screening Room (Elgin)
•How To Start Your Own Country, AMC 10
•Curling, AMC 4
2:45 p.m.
•Blessed Events, AMC 3
3 p.m.
•Brighton Rock, AMC 6
•Amigo, Ryerson
•Dark Cloud, Varsity 7
3:15 p.m.
•Heartbeats, AMC 5
3:30 p.m.
•Ceremony, Varsity 8
4:30 p.m.
•Short Cuts Canada: Programme 5, Jackman Hall AGO
4:45 p.m.
•I Saw the Devil, Isabel Bader Theatre
5 p.m.
•Cave of Forgotten Dreams, AMC 7
•You Are Here, AMC 10AGO
5:15 p.m.
•The Sleeping Beauty, AMC 2
5:30 p.m.
•American Beauty, TIFF Bell Lightbox 3
•The Majority, AMC 4
5:45 p.m.
•October, AMC 3
•Moscow 11:19:31 | k.364 A Journey by Train, AMC 9
6 p.m.
•Block-C, Varsity 7
•What's Wrong With Virginia, Visa Screening Room (Elgin)
•Womb, AMC 6
6:15 p.m.
•Blue Valentine, Ryerson
•A Screaming Man, TIFF Bell Lightbox 2
6:30 p.m.
•Peep World, Roy Thomson Hall
•I Am Slave, Varsity 8
6:45 p.m.
•Microphone, TIFF Bell Lightbox 1
7 p.m.
•Jaloux, Jackman Hall AGO
8 p.m.
•The Ditch, AMC 10
8:15 p.m.
•10 to 11, AMC 4
•The House by the Medlar Tree, Isabel Bader Theatre
8:30 p.m.
•Mother of Rock: Lillian Roxon, AMC 9
•MODRA, AMC 3
9 p.m.
•GENPIN, AMC 2
•The High Cost of Living, Scotiabank Theatre 3
•Route Irish, Visa Screening Room (Elgin)
•Anything You Want, AMC 6
•Mavericks: Kelly Reichardt, TIFF Bell Lightbox 3
•Site and Vision: Short and Experimental Film, Varsity 7
•Short Cuts Canada: Programme 6, TIFF Bell Lightbox 2
9:15 p.m.
•Kaboom, Ryerson
9:30 p.m.
•The Bang Bang Club, Roy Thomson Hall
•White Irish Drinkers, Varsity 8
•All About Love, AMC 5
9:45 p.m.
•I Wish I Knew, Scotiabank Theatre 4
•The Solitude Of Prime Numbers, TIFF Bell Lightbox 1
10:45 p.m.
•Promises Written in Water, Isabel Bader The
11:59 p.m.
•Red Nights, Ryerson

Thursday

9 a.m.
•The Bang Bang Club, Varsity 8
9:30 a.m.
•Sensation, Varsity 7
11 a.m.
•Peep World, Visa Screening Room (Elgin)

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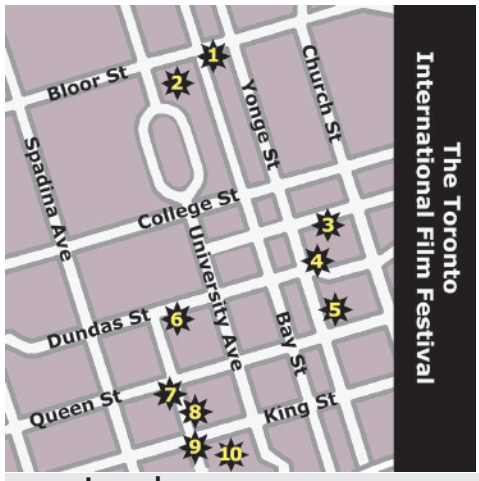

Legend

1. Cineplex Odeon Varsity Cinema's — 55 Bloor St. West, 2nd Floor
2. Isabel Bader Theatre — 93 Charles St.
3. Ryerson Theatre — 43 Gerrard St. East
4. AMC Yonge-Dundas 24 — 10 Dundas St. East, Fourth Floor
5. VISA Screening Room & Winter Garden Theatre — 189 Yonge St.
6. Jackman Hall — Art Gallery of Toronto, 317 Dundas St. West
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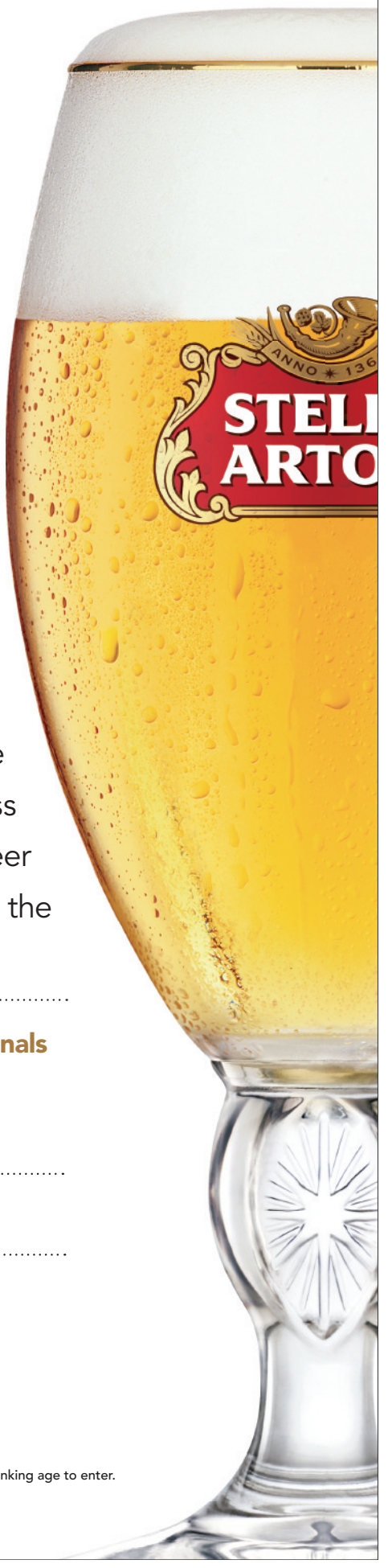

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▶ Paul Dano stars in Meek's Cutoff, which screens tomorrow 3 p.m. at Ryerson.

Thursday cont.

12 p.m.
•Blue Valentine, Varsity 8
•Dirty Girl, Ryerson
12:30 p.m.
•Distant Varsity 7
2 p.m.
•13 Assassins, AMC 2
2:15 p.m.
•The Ditch, AMC 10
•Half of Oscar, AMC 4
2:30 p.m.
•What's Wrong With Virginia, Visa Screening Room (Elgin)
•Microphone, AMC 6
•Mavericks: Ken Loach & Paul Laverty, TIFF Bell Lightbox 2
2:45 p.m.
•In a Better World, AMC 5
3 p.m.
•Insidious, AMC 9
•Meek's Cutoff, Ryerson
•The First Grader, Varsity 8
•Black Ocean, AMC 3
3:30 p.m.
•Rare Exports: A Christmas Tale, AMC 7
•The Call, Varsity 7
4:45 p.m.
•A Screaming Man, Isabel Bader Theatre
5 p.m.
•Leap Year, AMC 4
5:15 p.m.
•Mother of Rock: Lillian Roxon, AMC 2
5:30 p.m.
•I Saw the Devil, Scotiabank Theatre 2
•The Autobiography of Nicolae Ceausescu, AMC 10
•Zephyr, TIFF Bell Lightbox 2
5:45 p.m.
•The House by the Medlar Tree, AMC 6
6 p.m.
•Lope, TIFF Bell Lightbox 1
The Poll Diaries, Visa Screening Room (Elgin)
•Over Your Cities Grass Will Grow, AMC 9
•Silent Souls, Varsity 8
•A Horrible Way to Die, AMC 2
•The Fourth Portrait, AMC 5
•Three, Ryerson
6:15 p.m.
•The Hunter, AMC 7
6:30 p.m.
•Casino Jack, Roy Thomson Hall
•Tender Son - The Frankenstein Project, Varsity 7
•The Christening, AMC 3
6:45 p.m.
•Heartbeats Varsity 8
7:45 p.m.
•Even the Rain, Isabel Bader Theatre
8 p.m.
•Sandcastle, AMC 4
8:30 p.m.
•Home for Christmas, Scotiabank Theatre 2
8:45 p.m.
•As If I Am Not There, AMC 6
9 p.m.
•Nostalgia for the Light, AMC 5
•Rio Sex Comedy, Visa Screening Room (Elgin)
•Monsters, Ryerson
•Detective Dee and the Mystery of the Phantom
•Flame, TIFF Bell Lightbox 1
•Chico & Rita, Varsity 8
9:15 p.m.
•Trois temps après la mort d'Anna, Varsity 7
•Outbound, AMC 3
9:30 p.m.
•Sarah's Key, Roy Thomson Hall
9:45 p.m.
•White Irish Drinkers, Scotiabank Theatre 1
•L.A. Zombie, TIFF Bell Lightbox 2
10 p.m.
•Roadkill, TIFF Bell Lightbox 3
•Promises Written in Water, Jackman Hall AGO
Pinoy Sunday, Scotiabank
•Theatre 3
10:15 p.m.
•ATTENBERG, Scotiabank Theatre 4
10:30 p.m.
•Uncle Boonmee Who Can Recall His Past Lives, Isabel Bader Theatre
11:59 p.m.
•The Butcher, the Chef, and the Swordsman, Ryerson

TIFF Galas

▶ **WEDNESDAY**
9:30 a.m.
Potiche, Varsity 8
11 a.m.
The Debt, Visa Screening Room (Elgin)
2:30 p.m.
The Promise: The Making of Darkness on the Edge of Town, Visa Screening Room (Elgin)
6:30 p.m.
Peep World, Roy Thomson Hall
9:30 p.m.
The Bang Bang Club, Roy Thomson Hall

▶ **THURSDAY**
9:30 a.m.
The Bang Bang Club, Varsity 8
11 a.m.
Peep World, Visa Screening Room (Elgin)
6:30 p.m.
Casino Jack, Roy Thomson Hall
9:30 p.m.
Sarah's Key, Roy Thomson Hall

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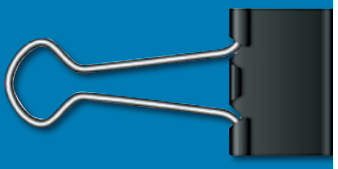

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Welcome to a new and innovative employment forum for career information, insight and opportunity! **The City Career Expo** is Toronto's newest employment, education and skills training exhibition. We are taking a fresh approach to recruiting events to revitalize the job fair experience. We've teamed up with some of Canada's top companies to create an event that is engaging, informational and above all, jam-packed with OPPORTUNITY.

As communications technologies become more sophisticated and social media connects the world more than ever, more and more people are turning to these networks and resources to find gainful employment. We ask – what happened to good old fashioned face-to-face networking? Where are the days when eye contact and a confident handshake made for a great first impression? **The City Career Expo** strives to bring those 'renaissance' qualities back to the forefront of recruitment alongside modern technology. We are creating an environment where the talent (that's you) can personally meet employers and gain powerful insight from leading industry professionals.

This year we have partnered with the city's most respected companies and human resources leaders who are currently hiring in a variety of sectors. You can find them in our conveniently organized pavilions - Employment, Education, Career Services, Volunteerism, Self-Employment and Youth Employment. We've also arranged for some of these top industry professionals to lead workshops and presentations where they will share information about their opportunities, benefits and corporate cultures and most importantly - help you to get your foot in the door. Seating is limited for these sessions, so we recommend that you arrive early!

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GRADE LEARNING

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MAKING SENSE OF INVESTING

SUPPLIERS

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STRONCO GROUP OF COMPANIES

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HIGH-LIGHTS

Your career journey begins with self-exploration **pg 3**

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Don't miss the informative workshops and presentations **pg 5**

A closer look at career changes **pg 6**

Personal branding – how to get started **pg 7**

Any career journey begins with self -exploration

You spend a considerable part of your life at work - so why not make that time as professionally and personally rewarding as possible? The journey to job satisfaction can be exhilarating and difficult, but many experts agree – it all starts with the idea of self-exploration.

Franz Schmidt, Director of the Career Planning & Development Program at the YMCA of Greater Toronto, says the process of self-exploration is fundamental in choosing a career path that will keep you content and motivated.

So just how does one approach the process of career inspired self-exploration? "Career assessments are a great tool for gaining insight into yourself," says Schmidt. "The goal is to identify your skills, interests and values and then align your personal profile with potential occupational targets".

Some assessment tools include career personality tests such as The Myers- Briggs Type Indicator (MBTI), which is based on Carl Jung's personality theory. The test helps you to identify your personality type and which careers might be a good match for you.

A second assessment tool is the Strong Interest Inventory. Originally developed to help people exiting the military find suitable jobs; it's now one of the most respected and widely used career planning tools in the world. The Strong Interest Inventory contains 291 questions that measure your interests in a broad range of occupations, work activities, leisure activities and school subjects. The results are then compared with people who report being successful and happy in their occupations. It is designed to illustrate the kinds of work you might find most satisfying.

While many career assessment tools can be found online, the process of sorting through results, conducting market research and creating a plan of action, can be difficult to accomplish on your own. Professional career counselors can help you take stock of your life and guide you down the path to a career with intrinsic satisfaction.

Hot items for your business casual wardrobe ~ Fall 2010

Pair these Danier tops with a great pair of GUESS jeans for the perfect "Business Casual" look!

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2. Danier Leather Blouse – very cool and on trend right now.

3. Daredevil Bootcut GUESS Jeans – a great day to night staple and flatter every silhouette.

4. Power Skinny GUESS Jeans – a great work staple if business casual is part of your office culture!

For more information check out www.danier.com & www.guess.ca

The TTC offers diversity in their job opportunities!

The TTC operates Canada's largest public transit system and offers a wide range of challenging career opportunities. From the highly visible positions of Transit Operator, to employment in the Skilled Trades and Engineering, they've got it all! These are exciting times for the TTC as they embark on growth and expansion in many sectors of their business. For more information about careers with the TTC, visit www.ttc.ca

Thinking about a career in financial services?

Primerica Financial Services is the largest independent financial services marketing organization in North America. Primerica offers a unique business system that you're in business for yourself, but not by yourself. Primerica is the ideal business opportunity for today's entrepreneurs. For more information, visit www.primericacanada.ca

Key show information

Exhibitors

Bell Canada 2800
BizStart 2909
BlueSKY DJ Services 2808
Canada Post 2740
Canadian Business College 2917
Canada Business Ontario 2908
Canadian Cancer Society 2713
Canadian College of Hydrotherapy and Massage 2919
CanCare Health Services 3036
CareerBuilder Canada 3000
CGI ISMC Inc. 3135
Danier Leather 2841
Desjardins Financial Security 3143
Edward Jones 2843
ERT - Emergency Response Training 2936
Everest College 3118
Extreme Fitness 3140
Garda 2743
Grade Learning Centre 2921
Guess Canada 2935
Heritage Education Fund 3242
Investors Group 2835
Job Success 3031
Korean Education Centre at the Korean Consulate General in Toronto 2842
Laura Canada 2840
Laureate International Universities 3120
Liaison College 2923
Medix School 3022
National Money Mart Company 2735
OREA 3020
PACT Program 2808
Peel Regional Police 3136
Pet Valu Canada 2737
Primerica Financial Services 2910
Revera, Inc 2808
Rogers Communications 3240
Seneca College 3142
Skills for Change 3018
St. Stephen's Employment Centre 2813
Starbucks Coffee Canada 3134
State Street Financial 2836
Stratyx Corporation 2808
Sunlife Financial 3241
The Body Shop Canada Ltd 3137
The Canadian Institute of Chartered Business Valuators (CICBV) 3016
Tigerdirect.ca 2734
Toronto College of Technology 3017
Toronto Fire Services 3235
Toronto Hydro 3236
Toronto Police Service 2837
TorontoJobs.ca 3141
Trader Corporation 2741
Trillium College 3019
triOS College 3021
TSE Canada 3013
TTC 2931
U4Change 2808
USC Education Savings Plan 3023
Volunteer Toronto 2708
Winners 2742
Xerox 2937
YMCA of Greater Toronto 3008
Youth Employment Services (YES) 2808
YWCA Toronto 3237

Keynote Speakers

1:00 PM: RETAIL HAS NEVER BEEN MORE EXCITING!

Kevin Graff is recognized internationally as an authority on retail performance and is one of the top speakers in this sector. Attend this presentation to learn how retail is now one of the hottest and best career choices. Learn what's available to you to make an informed, profitable and rewarding career choice. Retail has never been more exciting!

2:30 PM: INSIDE TIPS FROM AN HR VETERAN

Ray Romard is a savvy HR veteran who currently heads-up the talent acquisition programs with Bell Canada. Tales from the trenches – with over 15 years of industry experience, his presentation will shed valuable insight on how companies recruit. It's career information you can't find on the web, from a behind-the-scenes perspective. You can't afford to miss it!

4:00 PM A ROUND-TABLE DISCUSSION FEATURING CANADA'S TOP ENTREPRENEURS

Join *Steve Stunt*, an experienced business mentor and host of the syndicated radio talk show 'The Entrepreneur Hour' as he hosts an exciting and engaging panel discussion featuring celebrated Canadian entrepreneurs.

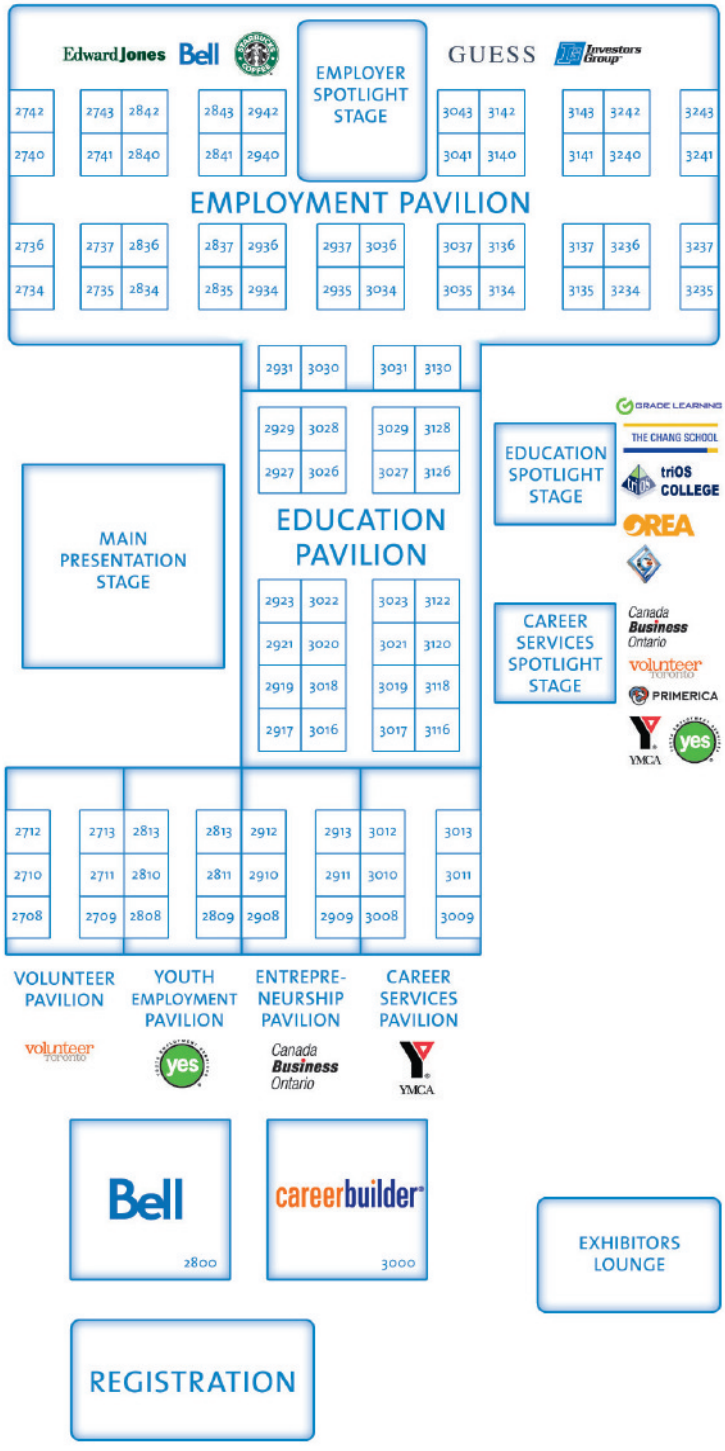
Sarah Prevette is a pioneering web entrepreneur and founder of Sprouter.com. Inc. Magazine recently named her one of North Americas' Top 30 Under 30 Entrepreneurs.

Chris Nguyen is an experienced entrepreneur with several successful start-ups under his belt. Currently the CEO of teamsave.com, Chris got his big break on CBC's Dragons' Den.

Richard Zinck is a veteran entrepreneur within the food & beverage industry. He is the president of EZFOOD4ALL and a former winner at the Ontario Entrepreneurship Awards.

Andrew Patricio is an owner of www.BizLaunch.com, the largest private provider of training for small businesses in Canada. An acclaimed author, he has worked with entrepreneurs all over the world.

Floor Map



Workshops and presentations

Employment spotlight stage

12:30 PM
INVESTORS GROUP FINANCIAL SERVICES INC.

Learn how Investors Group can help you build a practice that can bring you personal and professional rewards far beyond those associated with traditional jobs through this career information session.

1:30 PM
BELL CANADA

Meet representatives who discuss what it means to work for Bell Canada and how the company is an active corporate citizen, enabling economic growth, connecting communities and safeguarding the environment.

2:30 PM
STARBUCKS COFFEE CANADA

Hear five employees share why they love what they do, and learn about the diverse career journeys they have had at award-winning employer, Starbucks Coffee Canada. Great for career seekers of all levels.

3:30 PM
GUESS INC. (CANADA)

The strength of the Guess brand transcends borders to dress and accessorize the world. Join them where they look to hire qualified, energetic candidates who demonstrate that they are motivated individuals.

Career services spotlight stage

12:45 PM
BIZSTART

With experience helping over 60 businesses at the Youth Business Centre in the past three years, Donovan Dill provides a unique look into the world of self-employment for young entrepreneurs.

1:45 PM
YOUTH EMPLOYMENT SERVICES (YES)

Interested in a future within a creative field? Get the inside scoop from a panel of five innovators in the music production, artist management, publishing, apparel and graphic design industries.

2:45 PM
PRIMERICA FINANCIAL SERVICES

This information session will teach you what you need to know about a career in the financial products market and with Primerica Financial Services.

3:45 PM
YMCA TORONTO

Fulfill your career goals and realize your life aspirations with tools and resources to tap into your unique and natural abilities. Students, recent graduates, or career changers should check out this interactive session.

4:45 PM
VOLUNTEER TORONTO

Discover how volunteering can help in gaining experience and specialized training, enhancing your resume, accumulating references and allowing you to build links to future career opportunities.

5:45PM
CANADA BUSINESS ONTARIO

If you are starting or expanding your business, getting the right information can mean the difference between success and failure. Learn how Canada Business Ontario provides the information you need on government programs, services and regulations.

Education spotlight stage

11:00 AM
GRADE LEARNING

Learn the three fundamentals of creating a successful career and learning plan. Our panel of experts will guide you through the essential knowledge and information you will need to determine "what's next".

1:00 PM
TRIOS COLLEGE

Be job ready in a year with programs offered by triOS college. Meet representatives from admissions and career services and learn how their flexible and comprehensive programs will give you the competitive edge.

2:00 PM
OREA COLLEGE

Selling real estate isn't for everyone - it is, however, for people who enjoy helping others and want to take charge of their careers/income potential. Come explore the different opportunities in real estate sales.

3:00 PM
THE G. RAYMOND CHANG SCHOOL OF CONTINUING EDUCATION

Based on the fundamentals of the 'Career Readiness and Advancement' workshop, this session aims to smooth the professional transition process -- for those entering the workforce for the first time, or those changing fields.

4:00 PM
TORONTO COLLEGE OF TECHNOLOGY

Newcomer? Laid off? Looking for funding? You are not alone. Come talk to our personal Career Counselors. Career counseling is a free service available to all IT and business professionals.

4 Job search hurdles ~ ***Kate Lorenz,*** *CareerBuilder.com Editor*

If you're having trouble finding your job search mojo, here's a list of common motivational obstacles and some ways to overcome them.

Obstacle No. 1: Unrealistic Expectations The No. 1 reason people lose their motivation in a job search is they underestimate how much time a well-conducted job search actually takes. **Winning Strategy: Exhibit a Little Patience** A job search takes time, about five months on average by most accounts.

Obstacle No. 2: Fear of Competition
Often a lack of self-confidence can be attributed to a person's failure to launch a job search, keeping them hopelessly stuck in a dead end job. **Winning Strategy: List the Pros and Cons of a Potential Job Search** What's the worse that can happen if you explore and pursue new opportunities? This is an easy and effective exercise that illustrates that you really have nothing to lose and everything to gain.

Obstacle No. 3: Procrastination
Procrastination can easily derail a healthy job search and usually results in missed deadlines and lost opportunities. **Winning Strategy: Engage a More Structured Search Process** Get Organized and keep accurate records of names, dates, phone numbers and materials sent. Organized files make it easier to follow up and chart your search progress. Also, if you're prone to putting things off, you may want to consider hiring a career coach or professional search firm to keep your search on track.

Obstacle No. 4: Feeling Discouraged
It's been weeks. You've barely gotten any bites and you feel like you're just spinning your wheels. **Winning Strategy: Reward Yourself** Sure, the ultimate goal is to secure a new job, but that doesn't mean there isn't plenty to celebrate along the way. Be sure to chart your progress and congratulate yourself when you meet job search milestones. For instance, if you met your goal of sending information to five contacts this week, take yourself out for a latte and a muffin.

CareerBuilder.ca is one of the nation's largest online recruitment and career advancement sources for employers, recruiters and job seekers. Check out careerbuilder.ca to get your job search started.

Interviews 101: What you really want to know

Ray Romard is the Director of Human Resources & Talent Acquisition at Bell Canada. With over 15 years of industry experience, he shares some insights from the HR trenches:

Nobody wears three-piece suits anymore – remember interviews are about making an impression and it starts with your appearance. You don't want to look like a carbon copy of everyone else, but you want to look professional. The idea is to prove that you're going to fit within the organization's corporate culture, so always do your research and don't be afraid to let your interview attire reflect your individuality.

The Usual Suspects – be prepared for those common interview questions that tend to leave you stumbling. The question most likely to derail you? "What's your biggest weakness?" The best way to tackle this inquiry is to take a weakness and turn it into a positive. For example, 'impatience' can show that you like to get things done in a timely manner and you're less likely to procrastinate. "Why should we hire you?" - this is your chance to sell yourself in a few concise sentences. Many people tend to ramble, especially out of nerves. With this open-ended question, keep your answer brief, crisp and to the point. Do not under any circumstances, tell the interviewer they should hire you because you need the job.

ABOUT BELL CANADA

Bell is Canada's largest communications company, providing the most comprehensive and innovative suite of communication services to residential and business customers in Canada. Right now, Bell is looking for the calibre of people who can help defy convention, go beyond the status quo, and help make Bell the company of choice for customers. Bell Canada is where you can make your aspirations a reality.

For more information about careers at Bell, please visit www.bell.ca

Career changers

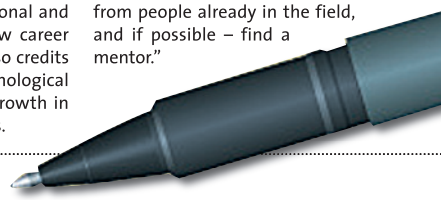
"It's never too late to learn and make a change. It can be immensely invigorating."

A new job trend is emerging, or at least becoming more commonplace. It's the idea of "career changers". These are a new crop of individuals who, rather than make a lateral or vertical career shift within the same industry or sector, decide to pursue a completely different career path.

Take for example Nicolette Linton, a former magazine editor at one of Canada's top fashion magazines and recent graduate of Ryerson University's G. Raymond Chang School of Continuing Education. Now the proud owner of Green Bean Landscape Design, Linton made the choice to completely change her profession mid-life. "I haven't regretted my decision for a moment," says Linton. "But, it was a pretty daunting task to start afresh my mid-40s'."

Mid-life career changers are not a surprising phenomenon according to Dr. Gervan Fearon, Dean of Ryerson's Chang School. "Different life experiences give you a certain clarity of who you are and what you want. Things change and there are various personal and social factors that can inspire new career considerations," says Fearon. He also credits the evolving economic and technological landscape, and the huge rate of growth in access to information as influencers.

So what advice does he offer to potential career changers? "When it comes to changing your career, think about it as a series of steps and not just one big leap." Linton adds, "do your research, assess the risks, ask advice from people already in the field, and if possible – find a mentor."



Job ready in a year

In today's economic climate, career colleges are gaining popularity as a viable education choice. "People want to learn critical job skills and be able to enter the workforce quickly," says Wendy Callaghan, Director of Career Services at triOS College.
"Our goal is to have graduates enter the workplace right after graduation and for many, that's within a year of enrollment."

The Case for Career Colleges:
Diversity in Commitment – at triOS College, programs range in length from 13 weeks up to 94 weeks.

Comprehensive Training – Most career colleges take out the electives and fluff and focus specifically on the skills required for your chosen profession.

Industry Experience – students learn directly from industry professionals who offer in-depth perspective and real-world scenarios.

Flexibility – career colleges accommodate a variety of lifestyles with flexible class scheduling and monthly start dates.

Entrepreneurship ~ is it for you?

What is an Entrepreneur? *An entrepreneur is an individual who accepts financial risks and undertakes new financial ventures. The word derives from the French "entre" (to enter) and "prendre" (to take), and in a general sense applies to any person starting a new project or trying a new opportunity.*

Many experts agree that the defining characteristics of an entrepreneur are innovation, perserverance, dedication and leadership.

The life of an entrepreneur is one of hard work, long hours and constant devotion to your dream. It is not for the faint of heart. Is it for you?

A few questions to consider:

Do you like to make your own decisions?

Do you enjoy competition?

Do you have will power and self-discipline?

Do you plan ahead?

Do you get things done on time?

Can you take advice from others?

Are you adaptable to changing conditions?

Do you have the physical stamina to handle a business?

Canada Business Ontario (CBO) offers free business information, advice and tools to potential and current business owners across Ontario. CBO has a full questionnaire on what to consider before starting your own business on-line at www.cbo-eco.ca.

Reputation is everything in business

Want a great reference? It's all about your reputation! Consider these tips:

- Do what you say you will do.
- Keep in touch with people.
- Don't cheat or steal.
- Don't act in a vengeful way.
- Don't embellish the truth or lie.
- Don't talk disparagingly about your competitors.
- If you change jobs, don't bad-mouth your old employer.
- Don't have an affair or openly flirt on the job.
- Confidential information must remain confidential.
- Don't use vulgar language or tell racist, sexist or off-collar jokes.
- Don't discuss your sex life with colleagues.
- Don't gossip.
- Don't blame others and accept responsibility for your mistakes
- Do your fair share.

Roxanne Cramer is the President of Cramer Company International, a Toronto-based recruiting and career services company www.cramercompany.com

Register online and receive **FREE** admission
and a $20 gift card courtesy of GUESS! www.thecitycareerexpo.com

Millenials at work

(Generation Y, also referred to as 'Millennials', describes the demographic cohort following Generation X and generally refers to people born in the 1980s and '90s)

According to the latest report issued by the OECD (Organization for Economic Co-operation and Development), youth unemployment rates represent a global crisis that requires immediate attention.

Not only does unemployment affect young people both financially and psychologically, but this crisis will also have a direct impact on the future of the economy. It's this generation that represents the prosperity of the future.

"A major problem we're witnessing, is a lack of understanding when it comes to working with Generation Y", says John-Frederick Cameron, Vice-President, Development & Communications with Toronto-based Youth Employment Services (YES). "They are often stereotyped and misunderstood, especially when it comes to the context of work."

YES offers empowerment programs that aim to build up client confidence. Cameron says optimism and perseverance are key to overcoming youth employment hurdles – including pre-conceived notions about Generation Y's work ethic and attitude. "Millennials have many positive traits to offer potential employers, they just need to understand how to market themselves."

MILLENNIALS:
DEFINING YOUR SELLING POINTS

You're passionate - experts agree that when you align your values with your work, success is inevitable. Your enthusiasm is contagious and can offer a breath of fresh air to potential employers.

You're educated – within today's knowledge-based economy, your expensive academic credentials will definitely come in handy.

You're Tech Savvy – you grew up during a time when technology took off like never before and your understanding of communications technologies are a definite asset to any work environment.

You're Global – you see more diversity in your classrooms than any generation before you. You're open-minded and you think beyond the small bubble of your immediate environment.

You're Entrepreneurial – you think 'outside the box', in fact, for most of you, the box never existed. You dream big and you're willing to take risks to make change.

You're Enthusiastic about Self-Discovery – you're willingness to do internal investigation is reassuring, as you are tomorrow's parents, teachers and politicians.

Q&A

with Kirsti Stubbs
Recruiter, Strategic Sourcing Starbucks Coffee Canada

What is personal branding?
Personal branding is about positioning yourself and your career in a way that is memorable, unique and consistent. Plus it can set you apart from your competition in a big way.

How is personal branding relevant to your job search?
These days, recruiters are becoming savvy in how they use new tools to learn about candidates. A strong personal brand can bring your resume to life and create more exposure opportunities that showcase your interests and expertise.

Where should I start?
Google yourself! Find out what's out there right now. Consider using social networks to build a professional profile. Use LinkedIn to connect with other like-minded professionals. Facebook can also be a very valuable business tool to interact with customers and stay top-of-mind. Let's say you want a job in marketing, tweet your opinion on the latest ad campaigns using twitter, or share your creative ideas in a blog. All of a sudden you aren't just another qualified candidate; you have demonstrated to a company your passion for the industry and maybe even shown them how you understand their business.

What if you are not interested in social networking?
There are many ways to build your personal brand offline – join an industry association and attend their networking events or look up a special interest group on Meetup.com and go to their next gathering. The key to it all is to consistently associate yourself with your area of expertise and look for new ways to broadcast it!

Top five ways volunteering can help your career

1. Fill in the gaps: Laid-off? Returning to work after a prolonged absence? Volunteering can help fill in the gaps in your employment history while keeping your skills sharp.

2. Volunteer to defeat the biggest catch-22 you'll face: needing experience to get experience: Employers want someone with knowledge and familiarity in the field. Volunteerism can help get you that experience. Try joining a board or volunteering your talent for a local organization.

3. Expand your network to access a broader job market: Volunteering can help you meet new contacts and find new job opportunities.

4. Highlight your other important skills not covered by your professional work history: Volunteerism helps to show the mental muscles you've been flexing outside of the office and can help you differentiate yourself from other candidates.

5. Show how your values align with those of the organization: Corporate Social Responsibility is becoming increasingly important to organizations big and small via Employee Volunteer Programs. These programs get employees out into the community and actively contributing to the places they live and work. Volunteering can help you show how your values align with those of the company.

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City Career Expo:
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100 Princes' Blvd, Toronto, ON M6K 3C3

Robert Plant surprises on solo album

CARLO ALLEGRI/THE ASSOCIATED PRESS

▶ In this July 30, 2010 photo, singer Robert Plant poses for a portrait backstage moments before performing with Band Of Joy at Miami's Bayfront Amphitheatre.

Former Led Zeppelin frontman offers eclectic collections of covers

Some things in Robert Plant's record collection are completely predictable. Others, might surprise you, like that copy of Low's The Great Destroyer.

"It's great music," Plant says of the Duluth, Minn., indie band known for its often slow, atmospheric songs. "It's always been in the house playing alongside Jerry Lee Lewis and Howlin' Wolf. There's room for everything."

That could be the theme of Plant's new solo album, Band of Joy, an eclectic collection mostly of covers and reinterpretations that showcase the former Led Zeppelin frontman's range in ways you wouldn't expect from a singer in his fifth decade at the edge of the stage.

It's an interesting record and completely different than what Plant fans were expecting.

He put together an ace band of old Nashville, Tenn., hands and went somewhere else completely. Plant, as he's proven time and again, is much more interested in seeing new vistas than covering old ground.

"You can't tell the same story for 40 years and think it's going to be convincing because when I was 19 I met Jimmy Page and I'll soon be 62," Plant says. "So really I've got to be able to move that story round a little bit, change its colours and also believe in it. It's not a production line. So these adventures are challenging."

Plant manages to pack Band of Joy with interesting touches throughout.

THE ASSOCIATED PRESS

On the album

The album, named for a band Plant was in with John Bonham contains:

- A cover of Los Lobos' Angel Dance, then jumps to versions of Richard Thompson's House of Cards, the Low songs Silver Rider and Monkey, The Only One That Matters by Milton Mapes and more.

Don't call it a comeback

Ben Affleck sits down with Metro to talk about new film The Town ◆ Downplays latest effort as career re-boot

STEVE GOW
SCENE@METRONEWS.CA

Ben Affleck is winning over critics with his latest foray as star and director of The Town.

Set in his hometown of Boston, the thriller tells the story of an inner city bank robber who falls in love with the hostage of his latest heist. I caught up with the filmmaker during the Toronto International Film Fest to discuss his sudden resurgence.

AP PHOTO/CARLO ALLEGRI

▶ Ben Affleck plays a Boston bank robber in The Town.

I read in Entertainment Weekly that you said this was an attempt to reboot your career. Why was that?

"Reboot is a bit much in a way. That's like what you say when you put someone in a superhero movie or something. For me, directing is about a change so its not necessarily rebooting everything I've done but it resets my mindset on directing movies which is a whole other parallel track. It's definitely a new step for sure in my career."

It's an audacious step as well. What is it about the crime-thriller genre that attracted you?

"I know! I'm not necessarily even drawn to the genre…I was nervous I'd be pigeonholed as crime genre and that would be that. But the movie is so interesting and given that's its this kind of genre movie, it had all these unique things about the way these guys did working class, brown-bag robberies and it also has this love story so I felt like this is foolish to pass this up.

Obviously you grew up there but is there a key to nailing that Boston accent?

I think its just immersion, it's like learning a language.

I learned Spanish best by going to Guardalavaca and not speaking any English. Of course I've lost it now but if you are around a lot of people in an area and just listening to them and repeating them and let yourself not even try, it'll seep in.

Need to know

Ben Affleck is on the right track with The Town. According to boxofficemojo.com, the actor's action hits are worth more than his dramatic duds:

- **Armageddon (1998)** Domestic total gross: $201 million
- **Pearl Harbor (2001)** Domestic total gross: $198 million
- **Surviving Christmas (2004)** Domestic total gross: $11 million
- **Gigli (2003)** Domestic total gross: $6 million

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Not Hamming it up

Mad Men actor stars as an FBI agent in the gritty bank robbery flick The Town

STEVE GOW
SCENE@METRONEWS.CA

Jon Hamm may be most recognized for playing Don Draper on the Emmy Award-winning hit television drama Mad Men but that doesn't mean the actor doesn't love the movies.

"The greatest thing about movies is it's an escape," said the actor during a recent interview in Toronto.

"For a couple of hours, you go and forget about what's going on in your life and you get to watch an entertaining story — hopefully well told — and think about it and experience it."

This Friday, a lot of people will be doing just that when they check out Jon Hamm's starring role in The Town, a gritty action film that pits the actor as a clever FBI agent against a perhaps even more shrewd bank robber in Ben Affleck.

It's a high action thriller with plenty of car chases that, in Hamm's opinion, "harkens back to great 70's heist films" like The Getaway and The French Connection.

"Those are fantastic, fun, gritty, dirty, cops and robbers movies," said Hamm.

"You want to be invested in characters and I think in our film has, very fortunately at the centre, some great characters and Ben's character ostensibly is the bad guy and yet we root for him because we are hoping he finds some sort of redemption."

Critics are also rooting for Affleck the filmmaker as well.

The follow-up to his directorial debut, The Town is showing audiences that the success of 2007's Gone Baby Gone was not a fluke for Affleck.

"He is a tremendously intelligent, dedicated filmmaker," said Hamm.

"Now he's proven it twice and I think he'll continue to do that."

FRANK GUNN/THE CANADIAN PRESS

▶ Jon Hamm answers questions during the press conference for the film The Town at TIFF

Need to know

Production of Season Four may have wrapped on Mad Men last week but Jon Hamm hasn't quite become Don Draper himself yet as he enjoys going to work everyday.

- **Quoted:** "Its very much a character that I play and I enjoy playing it, I really do ... I love going to work. I love playing that guy but its very easy for me to leave it at work," said Hamm.
- **Mad Men's recent awards:** In 2010, 2009 and 2008, Mad Men won the Golden Globe Award for Best Television Series — Drama and in 2008, Jon Hamm won the Golden Globe Award for Best Performance by an Actor In A Television Series — Drama for his performance as Don Draper

It's all poppycock

Prince Poppycock and other finalists ready final routines for America's Got Talent

HANDOUT/THE ASSOCIATED PRESS

▶ Prince Poppycock performs on America's Got Talent, in Los Angeles

Prince Poppycock is hoping to be crowned king of America's Got Talent.

The outlandish operatic creation of 32-year-old singing store clerk John Quale of Los Angeles was among the final four acts performing their ultimate routines last night on the NBC variety competition. Poppycock, who judge Sharon Osbourne dubbed the "male Lady Gaga," has captured imaginations with his spectacular showmanship and bellowing singing voice.

"I'm shocked," Quale said last week after securing his place in the finale. "This is a nightclub act that I've been doing in Los Angeles for four years. I always received a very good response, but that was from twenty- and thirtysomething clubgoers. To have everyone, from grandmothers to kindergartners, respond so positively has honestly been very surprising."

During his original audition in New York, Poppycock's powered face was met with a record-scratch sound effect and several what-is-this-guy-thinking glances. He eventually endeared the judges and audience with his over-the-top rendition of Largo al factotum from Rossini's Il Barbiere di Siviglia, which featured Poppycock prancing around with two hand mirrors. Poppycock is competing against 10-year-old soprano Jackie Evancho from Pittsburgh, 30-year-old crooner Michael Grimm from Waveland, Miss., and 13-man performance troupe Fighting Gravity, a group of Pi Kappa Alpha fraternity brothers from Virginia Tech in Blacksburg, Va., who use black lights and props in numbers reminiscent of the Blue Man Group.

The winner of this season of America's Got Talent will be crowned tonight. THE ASSOCIATED PRESS

Other stunts

How did he get here?

▶ **Props** As he advanced in the competition, Quale added props, back-up dancers and other spectacles to his act. During the semifinals, he belted out Queen's Bohemian Rhapsody while smashing blue-and-white china, and won a finale spot by chirping Yankee Doodle Dandy.

TV watch list

Surviving the age factor

REALITY TV. It's a May-December showdown as Survivor: Nicaragua debuts. The 21st instalment of the reality series will separate its two tribes down age lines, with the 40-and-up Espada tribe taking on the 30-and-younger La Flor tribe.

▶ Survivor: Nicaragua (Global, CBS)

Give them hell

TELEVISION. New cheerleading series Hellcats kicked off its season a few weeks ahead of most shows, so in this, the second episode, Marti is shocked to find Wanda in the audience at qualifiers.

▶ Hellcats (A Channel)

THE CANADIAN PRESS

Down but not out on Apprentice

New season brings candidates who were hurt by economic downturn to the forefront

The new season of The Apprentice returns the long-running business competition to its non-celebrity roots.

But there's a difference. The 16 candidates who scramble for Donald Trump's winner-take-all favour display somewhat less swagger than their counterparts from past seasons. They have brains, ability, education — and most had good jobs. Then they were slammed by the economy. Sadder but presumably wiser now, they're vying for a chance to get a fresh start with Trump.

"I hate what I'm seeing and I'm going to do something about it," he declares at the top of the show, airing tomorrow on NBC.

He knows that for the current crop of players, not just their careers are at stake, but the welfare of their families, too. Even their sense of self-worth.

This make-or-break subtext will be all too relatable to viewers, and it gives The Apprentice a dramatic new edge.

▶ Mark Burnett

"We wanted to find people who seem like they should NEVER be out of work," says Mark Burnett, who created the series and, with Trump, is an executive producer.

He points to Alex, with a background in mechanical engineering, who after getting laid off from his job in Santa Ynez, Calif., struggled to make ends meet driving a tow truck.

"The people on the show decided not to lay down and cry about being in a bad situation, but to fight back." THE ASSOCIATED PRESS

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Cruz is pregnant

The Oscar-winning Spanish beauty and her new husband Javier Bardem put rumours to rest

Penelope Cruz is in fact expecting a child with her new husband Javier Bardem.

"Penelope is four-and-a-half months pregnant," her rep confirmed to Entertainment Tonight amid heightened rumours.

Speculation that the couple were having a baby escalated this week after Cruz was spotted with an impressive baby bump on the Puerto Rico set of the new Pirates of the Caribbean film she's starring in with Johnny Depp.

Oscar winners Cruz, 36, and Bardem, 41, who were married last July in a small, discrete ceremony in the Bahamas, began dating in 2007. METRO

▶ Penelope Cruz is four-and-a-half months pregnant.

▶ Jennifer Lopez is rumoured to be joining American Idol.

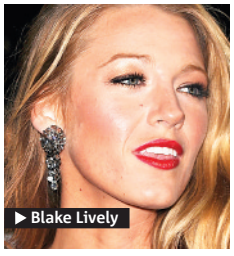
Lopez to join Idol?

Sources say a deal is in place for Jennifer Lopez to be a new full-time judge on American Idol, according to Us Weekly.

"It ended up working out and they have a good agreement," the source says.

Producers are expected to make the announcement in early October that Lopez and Aerosmith front-man Steven Tyler will be joining Randy Jackson at the judges table.

Gone are from those seats are Simon Cowell, Kara DioGuardi and Ellen DeGeneres, who all left the show this year. METRO



▶ Blake Lively

Lively reveals her dreams: To cook and have lots of babies

Gossip Girl star Blake Lively admits she wants to have children someday.

"I want babies. Lots of babies," she tells Allure magazine, adding that what she really wants to do is cook.

"I want to have a brunch place, a bakery and a Southern restaurant, because my family's from Georgia," she reveals. "I take a cooking class everywhere I travel. It's what people bring to the family every day METRO

Talking points

Mayer stops tweeting

BYE-BYE BIRDIE. John Mayer — one of the most prolific celebrity Twitter users, has shut down his account on the social-networking site. The musician's rep says the change is because Mayer has finished his latest tour and is heading back into the studio, according to Hollyscoop. Mayer will still be communicating online via his blog, however. METRO

Martin gets creative

CREATIVITY UNLEASHED. Ever since he came out of the closet, Ricky Martin's creativity has "exploded," his producer, Desmond Child, tells BlackBook. "I'm really excited about the music, the content, because since he's come out it's unleashed his creativity and the scope of what he can sing about and say and do," says Child, who is working with Martin on a new album. "Once he opened that door, a floodgate of energy and creativity just really exploded." METRO

Celebrity tweets

Jessica Simpson [@Jessica Simpson] We lost our first game Cowboys?! I have carpet burn!

Neil Patrick Harris [@Actually NPH] After-party at the frigging metropolitan opera! Watching the Strokes perform. In the lobby! Unreal.

Kristin Bell [@IMKristenBell] I accidentally bought a piano yesterday. I drove by the store and found out I am pretty powerless over a parking lot sale.

Conan O'Brien [@Conan OBrien] I'm noticing that tweets with certain names and topics are more popular. Bieber Gaga Kardashian breast. Glee.

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369

Explore wicked cool Bawston!

Bostonian Heidi Patalano gives you the real deal on her city. If you want to avoid appearing *wicked obnoxious* when you visit, read very carefully...

HEIDI PATALANO
HEIDI.PATALANO@METRONEWS.US

"The dorkier tourists... quack like ducks — be glad you're not one of them."

SEE
The North End

Boston's Little Italy puts many a city's Italian quarter to shame.

Hundreds of amazing restaurants (and the famous Mike's Pastry) so you'll not only be charmed by the old-world feel of the neighborhood but will leave with a full belly.

HEAR
Duck Boat Tour guide

The dorkier tourists on the Duck Boats (amphibious vehicles) being forced to quack like ducks, and then be glad you're not one of them.

Also, the roar of the Fenway faithful as a Red Sox player cranks one over the Green Monster – that's what we call the back wall of the pahk, er, park.

EAT
Mr. Bartley's Burgers

In Cambridge's Harvard Square this historic hole in the wall is not only home to the best burgers in town, it's also been host to the biggest brainiacs in recent history.

Presidents, scholars, anyone who hits up the Harvard campus always makes a trip. Burgers include The Barack Obama and The Bill Clinton.

NICOLAUS CZARNECKI/METRO

▶ The Boston skyline and harbor

NICOLAS CZARNECKI/METRO/METRO

▶ Check out the Public Garden

DRINK
Dunkin' Donuts iced coffee

Forget what coffee snobs say about the superiority of Starbucks, Bostonians drink Dunkin' Donuts coffee like they follow their sports — with the focus of a meth freak looking for Sudafed.

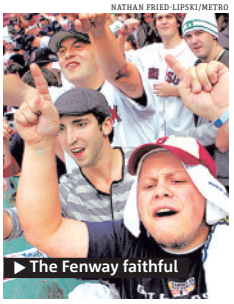
WEAR
Red Sox and Patriots gear

Bostonians are obsessed with their local teams. After a big win cars will be overturned and trash cans will be torched. In these circumstances. Only a Red Sox or Pats jersey will save you.

DO
The Public Gardens

Check out the manicured gardens in Boston Common, while taking in historic buildings that border the park including yes, the bar that was based on the famous American TV show, Cheers.

NATHAN FRIED-LIPSKI/METRO

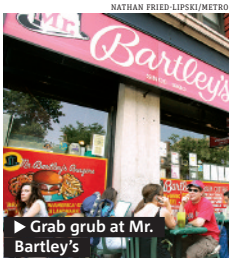


▶ The Fenway faithful

DON'T
Bother with Faneuil Hall

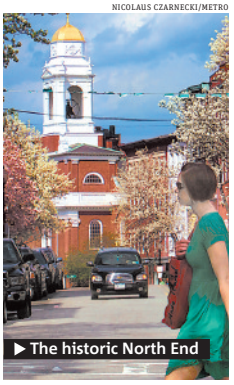
It's a market place loaded with overpriced stores, restaurants and cheesy "Irish" pubs. No Bostonian worth their salt would waste time in the vapid commercial space for uninformed tourists.

NATHAN FRIED-LIPSKI/METRO



▶ Grab grub at Mr. Bartley's

NICOLAUS CZARNECKI/METRO



▶ The historic North End

SAY
Wicked awesome

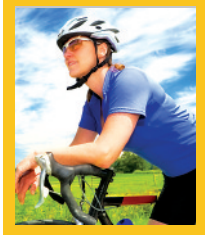
The best way to compliment a native is to express it as only a true Bostonian would. But don't do the full Matt Damon Good Will Hunting. That's just wicked obnoxious.

DON'T SAY
"Quincy" "Peabody" "Hot Dog" and "Popcorn"

Bostonians have their own way of pronouncing pretty much everything. Local town Quincy, is pronounced "Quinzee" and Peabody, "P-b'dee." Hot dog is "hut dawg" and popcorn is "pupkawn."

3 life

Cycling tour



A small Toronto-based company that organizes cross-continent bicycle tours in Africa is planning its first North American adventure for 2011.

Tour d'Afrique says cyclists will ride 8,000 kilometres from San Francisco to St. John's, N.L., camping or staying in budget accommodations.

The cost is US$9,950. There is also the option to do sections starting at $1,800.

Online: tourdafrique.com

ScanLife

Yellowstone sets summer visitation record, on track for 2nd year in a row

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After years of steady growth, the wineries of North Carolina are ready for their close-up But the wine tradition in the region goes back farther than you might think

A new wine trail to explore

Visitors toast at the Raffaldini vineyards

North Carolina is known for basketball, beaches and barbecue. But wine doesn't necessarily come to mind when thinking about the Tar Heel State.

Yet North Carolina is home to more than 90 wineries and has three American Viticultural Areas (AVAs) — Yadkin Valley, Swan Creek and Haw River Valley. For an AVA designation, 85 per cent of the grapes have to be grown in the region and there must be a distinctive combination of soil and climate. This results in an identifiable regional wine character, also known as an appellation or district.

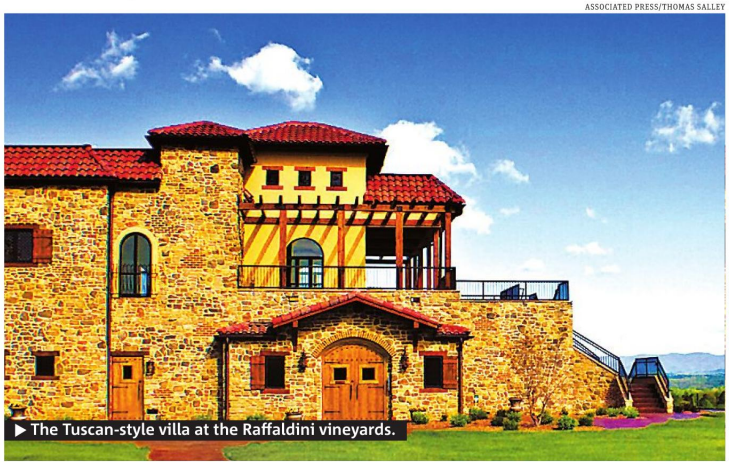
"Tasting is believing ... The wine industry here has a bright future."
MARGO KNIGHT METZGER, NORTH CAROLINA TOURISM

The number of wineries in North Carolina has more than quadrupled since 2001. Currently, the state ranks seventh in wine production in the United States. The growing industry has two focuses - native muscadine grapes and European-style vinifera grapes.

While North Carolina winemaking may seem to be in its infancy now, it's actually more of a rebirth. The state's first commercial winery opened in 1835. At the turn of the 20th century, 25 wineries were in operation, making it one of the most productive states in the U.S. But Prohibition effectively shut the industry down and land was turned over to lucrative and legal crops, like tobacco.

Several of the vineyards of Swan Creek, located in the northwest part of the state, in fact, are located on the sites of former tobacco farms. There are five wineries in this area within about 25 kilometres of each other and all are as distinctive as the varieties of grapes they grow. They are family owned and operated and small in terms of wine production. The largest single winery is Raffaldini Vineyards, which produces 5,000 to 6,000 cases per year. All specialize in European-style grape varieties.

ASSOCIATED PRESS/THOMAS SALLEY


The Tuscan-style villa at the Raffaldini vineyards.

First stop on your tour of Swan Creek should be Laurel Gray Vineyards, in the town of Hamptonville (where four of the five wineries on the trail are located). The first grapes were planted here in 2001 on land that has been in the Myers family for 10 generations. Laurel Gray was honoured with the 2009 Winegrowers of Excellence in North Carolina award and grows Chardonnay, Cabernet Sauvignon, Merlot, Cabernet Franc, Viognier, Syrah and Pinot Gris grapes.

Your next stop will be the grand and majestic Raffaldini Vineyards, located in Ronda. When the family came to the United States from Italy in the 1950s, they wanted to preserve their home winemaking tradition.

Raffaldini was recently named one of the top 10 hot small brands of 2009 by Wine Business Monthly.

THE ASSOCIATED PRESS

A bottle of Laurel Gray Viognier.

If you go

- **Swan Creek Viticultural Area** Information, maps and directions to the five Swan Creek wineries at swancreekvineyards.com. All the wineries are open to the public Wednesday-Sunday. Tastings, $4 to $5 US. Most wineries also include a commemorative glass with the tasting price.
- **North Carolina Wine Trail** More than 20 itineraries, events, directions, maps, hours and contact information for the state's 90-plus wineries: visitncwine.com.
- **Upcoming Events** Vineyards of Swan Creek Annual Harvest Festival, Oct. 9-10. Yadkin Valley Grape Festival, Yadkinville, N.C., Oct. 16, yvgf.com. Swan Creek Vineyards Annual Holiday Open House, Dec. 4-5.

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ASSOCIATED PRESS/RAFFALDINI VINEYARDS

▶ North Carolina is now the seventh-largest wine region in the U.S.

ASSOCIATED PRESS/ASHEVILLE CONVENTION & VISITORS BUREAU

▶ There are many ways to enjoy North Carolina's fall colours.

Blue Ridge colour tour

Asheville, North Carolina makes a good base for exploring a the hills, where the colours last longer

They're called the Blue Ridge Mountains, but in Asheville in the fall, they might as well be called the orange, red and yellow.

The city of 76,000 in western North Carolina with a small-town, artsy feel, has become a big-time fall foliage destination, not just for the leaves but also for festivals celebrating the area's arts culture, beer and bluegrass music. The mix of things to see and do is especially appealing for fall travellers looking for an alternative to New England's better-known but sometimes crowded autumn byways.

There's no better place in the Asheville area to see the leaves than the Blue Ridge Parkway, which is celebrating its 75th anniversary this year. The parkway intersects Asheville in several places and has kilometres of scenic overlooks, as well as the highest peak in the eastern U.S., and connections to hiking trails.

Starting Sept. 15, the Asheville Convention & Visitors Bureau will send out its weekly colour reports to help tourists plan foliage excursions with hiking, viewing and activities tips.

And unlike New England and other parts of the Northeast, where foliage radically fades after Columbus Day, the season is longer in the South.

If you go

- **Nature** Follow the Blue Ridge Parkway. Its roads wind and climb through the mountains, giving expansive views.
- **Hiking** The visitors bureau lists activities at fallinthemountains.com and ranks them based on difficulty.
- **Ballooning** Take a hot air balloon ride for $225 per person with Asheville Hot Air Balloons, ashevilleho-tairballoons.com
- **Getting there** Flying into Charlotte may save you several hundred dollars over flying into the smaller airport at Asheville.

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Biking cool Cape Cod

The tourists of summer are gone, but the attractions are still there, quiet and colourful

▶ Nobska Point Lighthouse is on the Shining Sea Bikeway.

Cycling Cape Cod in the summer is like experiencing an ice cream cone; you'll wait in line, be surrounded by kids and end up sticky. But bike riding the Cape in the fall? That's more like a cranberry cocktail; slightly sophisticated, cool and colourful.

Just as both refreshments are special treats, so is cycling here in either season along one of the paved, car-free paths. Here are some of the options.

Cape Cod Rail Trail: This flat, 35-kilometre trail runs through oak trees, evergreens and marsh between Wellfleet and Dennis. It passes through Eastham, Orleans and Harwich, where a bike rotary connects a 12-kilometre spur to Chatham. The Nickerson State park bike network connects to the rail trail and offers another 12.8 kilometres of hilly cycling around ponds, lakes and bogs.

Shining Sea Bikeway: This flat path runs 17 kilometres along the coast from Falmouth to Woods Hole, through salt marsh, cranberry bogs, ponds and woodlands. It's the only bike path on Cape Cod that runs along the seashore.

Province Lands Trail: This roller-coaster trail snakes for 12 kilometres through the dunes, wetlands and beaches of the Cape Cod National Seashore near Provincetown.

Cape Cod Canal Bikeway: This flat, concrete path runs about 12 kilometres between the Bourne and Sagamore bridges, offering great views of the canal's boat traffic.

With such great cycling options, it's no surprise that these multi-use paths are crowded in summer, bustling with parents pushing strollers, summer camp groups and young children learning to ride. The tourists who flock to the Cape's beaches in July and August also mean heavy car traffic, long waits for restaurants and even longer lines for ice cream, which must be gobbled up before melting in the 26 C heat.

But after Labour Day, the visitors leave, the temperatures cool and the Cape takes on a quieter, more relaxed flavour.

"The weather is gorgeous, the crowds are done, the birds are still interesting and the ocean is right there. It's beautiful," said Wendy Fox of Boston, who spends many weekends in the fall cycling the Cape. "And as the weather cools down bicycling is a lot easier."

▶ The Cape Cod Rail Trail runs through oak trees, evergreens and marsh.

There isn't the vibrant autumn foliage found in Northern New England, but there are subtle changes in the oak leaves and sea grass, as well as brilliant red cranberry bogs and deep purple grapes awaiting harvest.

"And as the leaves start to drop the views improve," Fox said.

Indeed, locals - from bike shop owners to the bicycling park ranger who patrols the rail trail - admit that fall is their favourite time to ride on the Cape. And what was good has gotten even better. Many paths have been improved in recent years. The rail trail was repaved; the Shining Sea Bikeway more than doubled in length and parts of the Province Lands Trail — which opened in 1967 as the first bike trail built by the National Park Service — were widened with funds from the American Recovery and Reinvestment Act.

With little to worry about in terms of where to cycle, visitors should focus on planning other parts of their trip. Many shops and restaurants scale back their hours come September, so it's a good idea to call first. Advance planning can also help cyclists find one of the many fall festivals on the Cape. For instance, the Truro Vineyards of Cape Cod is an easy nine-and-a-half kilometre ride from Provincetown along Route 6A anytime between May to mid-December, when it closes for the winter. But fall brings the harvest and with it the annual the Grape Stomp and Jazz Festival, on Sept. 19 this year.

On the rail trail in Eastham, Arnold's Lobster & Clam Bar, an award-winning, fast-food style restaurant, has a loyal summer following that doesn't mind waiting up to an hour for food. After Sept. 12, however, the restaurant and adjacent miniature golf course are only open Friday though Sunday, and they close for the season Oct. 11. (The outdoor restrooms and vending machines are left along the bike path until November.)

Still, other dining options are apt to be more accessible in the fall. A new French restaurant near the start of the rail trail in Wellfleet, PB Boulangerie Bistro, plans to close only for January. Although there was seldom a wait for dinner in the restaurant, summer vacationers were lined up nearly an hour before the bakery opened at 7 a.m. to feast on take-out croissants.

THE ASSOCIATED PRESS

If you go

- **Biking** www.capecodbikeguide.com offers maps and other information. You can also pick maps up at bike rental shops along the Cape Cod Rail Trail and in Provincetown
- **More Information** Massachusetts Office of Travel and Tourism, www.massvacation.com/fallfoliage/CAPECOD.pdf; Cape Cod Chamber of Commerce, www.capecodchamber.org; Provincetown Chamber of Commerce, www.ptownchamber.com

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Facing reality

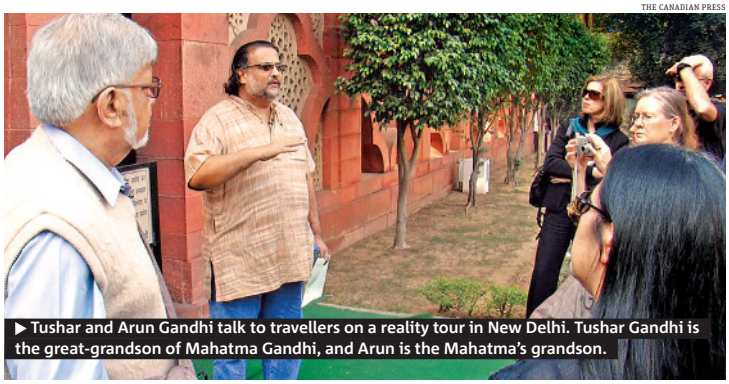
Visiting a world hot spot is not for the faint-hearted, but the rewards are greater understanding

Expenses

A reality tour includes shared accommodation, some meals, translation and transportation.

Chiapas A trip to Chiapas, Mexico to learn about indigenous land rights costs about $850 US.

THE CANADIAN PRESS



▶ Tushar and Arun Gandhi talk to travellers on a reality tour in New Delhi. Tushar Gandhi is the great-grandson of Mahatma Gandhi, and Arun is the Mahatma's grandson.

Sometimes travel is designed to help people escape reality — often with a little help from an open bar and a poolside chaise longue.

But for some people, reality is what travel is all about.

San Francisco-based human rights organization Global Exchange organizes frequent Reality Tours to different hot spots around the world.

Most of the tours are led by country locals, and are organized around themes that tackle issues like civil rights, the environment, human trafficking and sex tourism.

Upcoming 2010-2011 tours are already scheduled for about 20 different countries, and with destinations like Afghanistan, North Korea and Iran, these trips are not for the faint of heart.

Although Global Exchange's Reality Tours are based in the U.S, director Malia Everette said this is a travel experience Canadians have embraced.

Everette said many Canadians have travelled with Reality Tours since 1989, the year the first tour was organized.

"I think the addition of having Canadians on our programs is extremely helpful for a number of different reasons and one is there's a different perspective on foreign policy issues," Everette said from San Francisco.

The Reality Tours motto is "meet the people, learn the facts and make a change" and Everette thinks travel can be a great tool for helping communities benefit from tourism.

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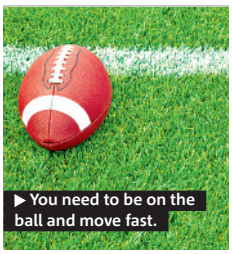
Football fan? Check out last minute flights

Online research will pay off if you're looking to get the best deal on travel

Smell the tailgate party — it's college football season. But if you're flying in for a game, you might be headed for a headache. Cutbacks at major airlines have made flight choices more difficult this fall, especially to smaller college towns.

Planes are fuller these days and there are fewer flights because of schedule cutbacks across the industry. Fares have gone up, particularly to smaller towns that are often dominated by a single major airline. But there's good news, too. Unless you're flying to a game around U.S. Thanksgiving, peak day travel surcharges are virtually non-existent this year. Also, fall fare sales are abundant but you have to know where to look. Expedia and Orbitz will give you a range of options to compare, but don't rule out sites like Travelzoo, which point out the best sales.


▶ You need to be on the ball and move fast.

Fans take note: deals include one from American Airlines, with flights starting at $59 each way on more than 100 routes, and a nationwide fare sales from AirTran with fares starting at $54.

It's important to sign up for fare alerts on sites like Travelzoo or Kayak to keep on top of the latest deals if you want to make it to the big game. Airlines have shifted toward last-minute sales aimed at drumming up attention on social media sites like Facebook and Twitter. The sales, often only two or three days long, don't leave you much time to decide.

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A taste of Stratford

The theatre town in the middle of some of the world's richest farmland celebrates its cuisine ◗ Local producers take centre stage

Famously known for its annual theatre festival, Stratford, Ont., is now also becoming a destination for foodies.

It has become a culinary hotbed of gastronomic superstars, including food producers, culinary institutions, chefs and restaurants, says Danielle Brodhagen, director of Savour Stratford Perth County.

On Saturday, Sept. 18 the nine-day Culinary Festival will begin by serving up a Garlic Festival, farm tours and culinary events leading up to a major two-day event Sept. 25 and 26.

The Savour Stratford Tasting that weekend will feature a street carnival, outdoor concerts and local barbecues in the park.

Brodhagen says visitors will have the opportunity to appreciate the ripe fruits of the area's burgeoning food culture at the peak of the harvest season.

She says that last year along the Avon River, which runs through the town, there were aromas of fresh and prepared local foods permeating through the air.

"Attendance was close to 8,000 each day of the weekend festival," she says, "and we anticipate 10,000 daily visitors this year."

The festival will also offer demos presented by high-profile chefs and culinary authors, kids diversions, a farmers' and artisans' market, a silent auction, sidewalk sales and cafes.

Brodhagen says the event's websites will guide visitors through maps to parking and shuttle transport to the main festival area.

As the Sunday Tasting Tent always sells out, visitors who want to share in this local food feast are encouraged to order their tickets in advance.

Tickets can be obtained by visiting the website savourstratford.com or by phone at 1-800-561-7926.

For more information visit welcometostratford.com/culinaryfestival/

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ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Stratford is increasingly a destination for foodies.

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It's autumn in Vermont

Festivals mark the season of fall bounty and colours

It's fall festival season in Vermont.

For leaf-peepers, there's the annual Northeast Kingdom Fall Foliage Festival, which runs Sept. 27-Oct. 2. The festival, which is more than 50 years old, takes place in six towns over six days: Walden, Cabot, Plainfield, Peacham, Barnet and Groton. In addition to autumn colours, visitors will find concerts, church suppers, historical tours and crafts. Details at http://bit.ly/9PcTzt.

The Calvin Coolidge State Historic Site is hosting a festival dedicated to cheese. The Plymouth Cheese & Harvest Festival, set for Sept. 19 in Plymouth Notch, will feature cheese tastings, cheese making and a cheese recipe contest that's open to the public.

And Bennington Museum is planning a Harvest Festival showcasing its Grandma Moses gallery, sheep and goats from a local 4-H club and studio crafts. The event, scheduled for Sept. 26, is $3 US per person and free for children and students under 18.

THE ASSOCIATED PRESS

Passport to culture on Quebec's Ile d'Orleans

A new "cultural passport" covers seven attractions on Ile d'Orleans in the St. Lawrence River just east of Quebec City.

Valid for one year, the passport costs $18 — representing a savings of 50 per cent off individual admission to all the sites.

They include two "economuseums" — private businesses showcasing artisanal products such as ornamental metal work and delicacies made from black currants.

There is also a museum dedicated to Felix Leclerc, with a recently expanded exhibit on the celebrated songwriter/poet.

As well, the 18th-century Manoir Mauvide-Genest serves as an interpretation centre for the seigneurial system of New France and is the most important historical site on the island, says Ile d'Orleans tourism spokesperson Julie Harvey.

The other attractions are the 18th-century home Maison Drouin, the Maison de nos Aieux presbytery, and Parc maritime de Saint-Laurent, where guides explain traditional shipbuilding techniques.

It takes about one and a half hours to circle the island by car, but Harvey suggests taking two days to visit all the sites.

Online: iledorleans.com/eng/passeportculturel.asp

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CULTURE

Greece has some of the most renowned UNESCO designated World Heritage Sites with fascinating antiquities dating from prehistoric, Paleolithic, early historic to Roman and Byzantine times.

In Athens the sacred rock of the Acropolis, formally proclaimed as the pre-eminent monument on the European Cultural Heritage list of monuments, is an architectural jewel which still crowns Greece as the Cradle of Civilization. The Herod Atticus Theater at the footsteps of the Acropolis offers world famous performances, operas and concerts during the summer months and the National Gallery hosts unique cultural treasures devoted to the subject of the history of Greek and Western European art.

Day trips from Athens offer the chance to visit the temple of Poseidon at Cape Sounion; the sanctuary of Delphi dedicated to Apollo in Central Greece, believed in ancient times to be the center of the world; or to experience revived ancient Greek drama plays throughout the summer at the amphitheatre of Epidaurus, built 2,500 years ago and remaining even today unique for its acoustics.

Only a few hours north in Thessaloniki, the capital of the Macedonia region and the second largest city in Greece, the National Archaeological Museum is home to many fascinating treasures including the ones from the town of Pella and Vergina, the burial site of the kings of Macedonia, including the tomb of Philip II, father of Alexander the Great.

Driving south to the Peloponnese Region you can visit Olympia, the site where the first ancient Olympics were held in 776 B.C; the revolving temple of Epicurean Apollo in Vassai standing almost intact at a height of about 3,707 feet; the ancient Mycenae with the famous Cyclopean walls and the Lion Gate; the 5,000 year old town of Tyrins and the citadel of Mystras with its fortifications, churches, palaces and mansions.

At the majestic islands of the Aegean Sea you can visit the terrace of the Lyons in Delos, birthplace of Apollo and Artemis; the Medieval citadel in Rhodes built during the 14th century by the Knights of Saint John; the 11th century monastery of Nea Moni in Chios; and the ancient Minoan palaces of Phaestos and Knossos, in Crete.

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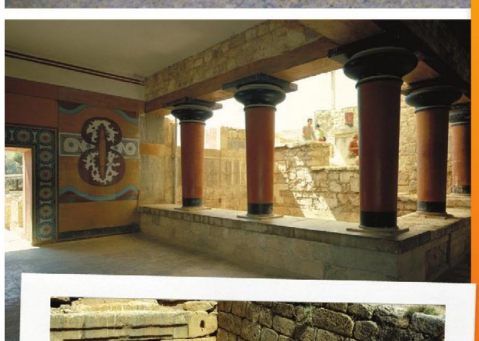

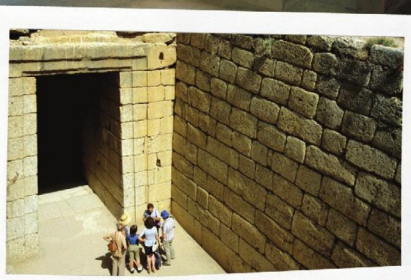

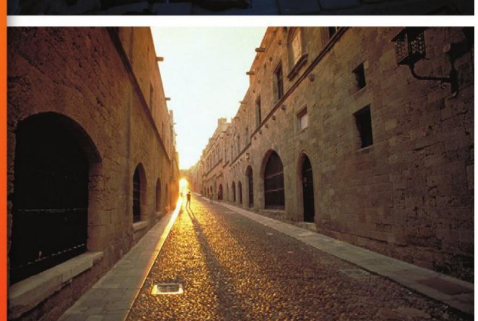

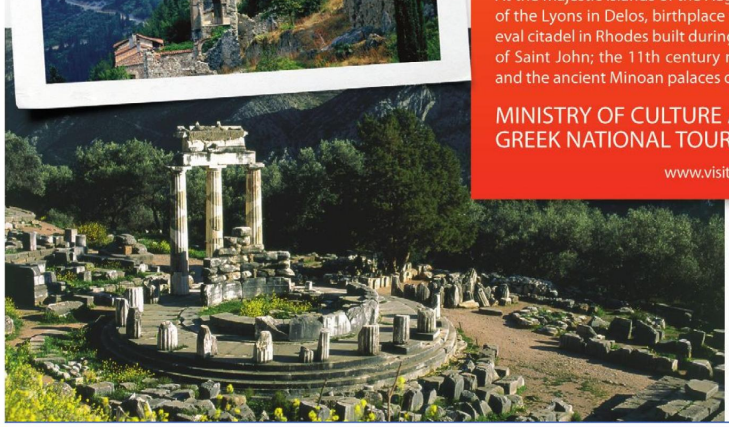

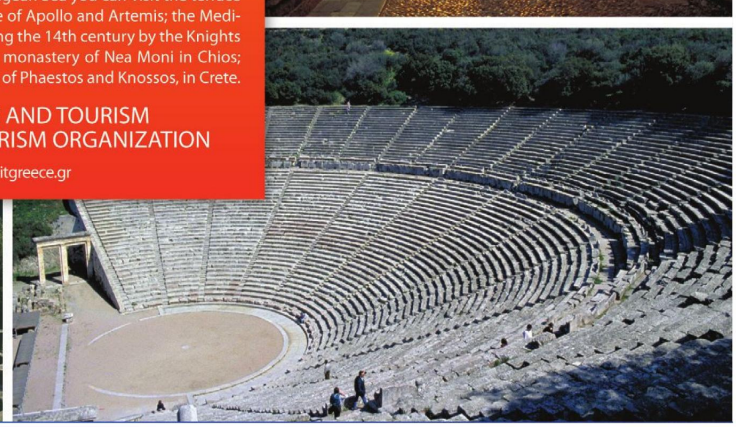

No noodling around

Pork Thai Noodle Bowl can also be made with rice
Mixes coconut and mango flavours with pork and shrimp
Feeds four for dinner in less than half an hour

Now that schedules are back to normal, busy cooks will be looking for quick dishes to get on the table each night.

Here is one keeper that is just such a recipe — quick, easy to make, and filling.

Pork Thai Noodle Bowl
Preparation:

1. Cooked rice or udon noodles, for serving.
2. In a wok or deep, non-stick skillet, heat 15 ml (1 tbsp) of the oil over medium-high heat. Add pork strips, garlic and ginger and stir-fry for 2 to 3 minutes.
3. Add shrimp, cook for 2 minutes more. Remove from wok and set aside.
4. Return wok to burner and add remaining oil. Stir-fry onion, red pepper and asparagus for 1 to 2 minutes. Set aside with pork.
5. Deglaze skillet with mango juice, scraping up any loose bits from the bottom of the skillet.
6. Add coconut milk and curry paste. Let simmer for 5 minutes.
7. Add pork, shrimp, vegetables and mango to sauce and heat through. Season with salt.
8. Serve immediately over prepared rice or udon noodles. Garnish with fresh coriander.

THE CANADIAN PRESS

Ingredients:

- 500 g (1 lb) pork loin chops, trimmed and cut into thin strips
- 30 ml (2 tbsp) canola oil, divided
- 2 cloves garlic, minced
- 15 ml (1 tbsp) finely chopped ginger root
- 250 g (1/2 lb) large shrimp, raw and shelled
- 1 small onion, diced
- 1 red pepper, cut into strips
- 1 bunch fresh asparagus cut into 2.5-cm (1-inch) pieces
- 150 ml (2/3 cup) mango juice
- 250 ml (1 cup) coconut milk
- 10 ml (2 tsp) Thai red curry paste
- 125 ml (1/2 cup) fresh mango, diced
- Salt, to taste
- 45 ml (3 tbsp) fresh coriander, chopped, for garnish

4 portions
Prep time: 15 min.
Cook time: 20 min.

▶ Pork Thai Noodle Bowl is perfect for busy cooks looking for a new dish.

The dangers of online job hunting

Beware of the 'black hole' — most resumes are never read, say career counselors How to do it right — online

COMSTOCK

▶ Old school or online? A strategic combination of both is in your best interest.

DREW HINSHAW
letters@metro.us

Although perfect for used bookshelves and missed connections, Craigslist may not be the place to find your next job.

In fact, career counselors say, the whole mini-universe of online job boards — such as Monster, CareerBuilder and HotJobs — is a great place to mis-invest your time during a difficult hunt. Employment guidebook author Margaret Riley Dikel calls it a "black hole," and Ford Myers, president of Career Potentials consulting firm, agrees.

"Very, very few online applications are ever read or responded to," Myers says. "Good jobs don't get posted in the first place."

But with unemployment rates high, and the average Joe staring at the horizon for months before the job boat lands, career counselors say they're not surprised to see more people surfing online ads.

"Very, very few online applications are ever read or responded to. Good jobs don't get posted in the first place."
FORD MYERS
PRESIDENT OF CAREER POTENTIALS CONSULTING FIRM

Studies in the U.S. show that 10 per cent or less of jobs are filled through online ads, but if the occasional application is one small part of your search strategy, you might as well do it right.

Start by composing a list of companies where you'd aim to work. About.com's jobseeking expert Alison Doyle recommends a research trip to the nearest Chamber of Commerce, plus a quick LinkedIn company search by industry and location. "Check the company website and see if you can apply directly there," she suggests.

Back on the job boards, resist the temptation to rapid-fire the same cover letter and resume at every link.

"It is absolutely imperative to customize the cover letter," Dikel warns. A little resume tweaking — like bumping up the most relevant, if not recent job — can make a difference.

Moreover, Dikel notes, a human may never lay eyes on your application, so use the same keywords they use in the ad to pass the computerized scan test.

Plus, take the qualifications seriously: If the ad asks for five years' experience piloting a space shuttle and you've got one summer at Space Camp, don't waste your time.

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LAWS OF TERMINATION

Workplace Law

DANIEL LUBLIN

IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.
DAN@TORONTO-EMPLOYMENTLAWYER.COM

It's possibly the worst fraud in workplace law — corporations, with expensive lawyers and deeper pockets, insisting that employees sign one-sided contracts that reduce their legal rights. And employees, without bargaining power or an understanding of the law, not realizing their interests have been undermined.

The result is that employees unknowingly agree to be dismissed with minimum notice, demoted, banished to far away jurisdictions, see their salaries slashed and prevented from competing with their employers following their departure all without recourse. Given these perils, what are some of the clauses that employees should look out for?

Probationary periods

Employers don't just use probationary periods to assess fit; setting a probationary period allows them to dismiss for reasons that would otherwise be insufficient. The employer needs only to show that, in its opinion, the employee was unsuitable for the position. If these considerations are fairly assessed, the employer can end the relationship suddenly by providing only minimum notice or pay, or often less.

Termination clauses

Without any language surrounding termination in a contract, employees are entitled to reasonable notice of their dismissal, based on how long it would take to find another job. However, if some other amount or formula is stated in the contract, it will usually provide for less than what is reasonable and often only the minimum amounts required by law.

Contractual changes

Once the job begins, adverse changes to the job are prohibited, without a sufficient warning or that employee's consent. However, employers will look to the contract first, and there is a clause clearly providing for that change, no matter how obscure, they will find the employee had already agreed to it.

Post-employment restrictions

An employee's only implied duty upon leaving is to keep information or trade secrets confidential unless other specific post-employment duties or restrictions are written into the contract. However, if a contract provides for it, employers can prevent employees from working for a competitor, or soliciting clients or former colleagues upon their departure.

What should employees do? First, review any new contract with a lawyer and don't be reluctant to negotiate terms. Second, challenge the enforceability of these contracts where the facts present that argument. I have won in court by raising the inference that a contract was signed without proper consent – such findings are not exceptions.

Doctrine reflects diverse patients

Canada's 17-university-based medical schools are pushing for would-be doctors to be more well-rounded

JOHN ULAN/THE CANADIAN PRESS

▶ Medical student Marcelo Crespin could represent the embodiment of a the vision of tomorrow's well-rounded physician.

A strong aptitude for science and the marks to back it up were once the key attributes for students trying to get into medical school. But an evolution has been going on in Canada's medical faculties — and would-be doctors these days are likely to be as accomplished in the arts or sports as in the biology lab.

The country's 17 university-based medical schools have put on a big push to turn out new doctors who will better reflect an ethnically diverse, more educated and Internet-savvy patient population that views physicians as partners — not overseers — in their care.

At the University of British Columbia, for example, the roughly 1,800 applicants seeking one of about 290 first-year openings are judged half on scholastic achievement and half on non-academic attributes.

"So at UBC, even if you're a genius, you still only get 50 per cent," says dean of medicine Dr. Gavin Stuart. "The other 50 per cent are non-academic qualities, and that's anything from community service, sports, volunteering, civic duty, you name it."

"Last year, we had three or four Olympians come into class."

Marcelo Crespin, a second-year med student at the University of Alberta, could represent the embodiment of that vision of tomorrow's well-rounded physician.

In his spare time, the 26-year-old mountain-bikes, hikes in the Rockies, plays the trumpet and until recently was a member of a men's choir.

But it was his early experiences with the medical world that cemented his desire to become a doctor.

Crespin was just five when he and his mother fled war-torn El Salvador to settle in Toronto. When his mother developed health issues and had to be admitted to hospital, it was her son who acted as translator and liaison between her and the doctors.

"That left a long-lasting effect on me to become a physician," says Crespin, explaining that doctors "miraculously" got his mother out of a wheelchair and back on her feet after a work-related back injury.

"I was so impacted by how they could change someone's life when they were at their worst."

A blueprint for training the next generation of doctors was recently enshrined in a document entitled The Future of Medical Education in Canada, which outlines 10 recommendations for producing physicians who can meet the needs of communities in all parts of the country. THE CANADIAN PRESS

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THE CITY CAREER EXPO
Saturday Sept. 18, 2010 • Direct Energy Centre
See page 33 for 8-PAGE SPECIAL PULL-OUT FEATURE

▶ When it's all-you-can-eat, it's hard to stop at one slice.

Former big brothers and big sisters are invited to reconnect

Former big brothers and big sisters, as well as former littles, are invited to reconnect with other Big Brothers Big Sisters of Canada alumni as part of a new campaign. They are being invited to go to the bigadventure.ca website and share their experiences of what it was like to be involved with the organization and getting to mentor a youth, or being mentored.

Everyone who registers and submits a mentoring adventure will be automatically entered to win one of five return tickets for two to any destination served by WestJet.

As well, on Saturday, MINI dealerships in cities across Canada will be holding a car wash and BBQ as part of Big Brothers Big Sisters Day. Visit bbbsc.ca or bigadventure.ca for more information and details about events in your city.

METRO

Weighing the 'freshman 15'

BRUCE WALSH
bruce.walsh@metro.us

The latest studies suggest that the "freshman 15" might be, more accurately, "freshman seven" for most students. A 2009 cumulative study in Nutrition Reviews found that among college freshmen who put on weight, the mean gain was between seven and seven-and-a-half pounds.

But that is still a significant gain for a nine-month period. And, more important to nutritionists, the habits developed in freshman year — often in the cafeteria — can have negative effects down the line.

"In general, the big food service companies that often run these cafeterias have dietitians on staff. They have some healthy options," says Debra Johnson, director of nutrition at Rehmuda Ranch Programs for Eating Disorders.

"The problem is the format. It's usually all-you-can-eat, and people typically will expand their portions in that situation."

Full-service college meal plans commonly cost more than $3,000 per academic year, and students often cut down on expenses by choosing a limited plan.

Many schools have one-meal-a-day options that run about $600 per semester.

"You could not eat all day, or eat first thing in the morning and fast the rest of the day. That one-big-meal diet can set a person up for an eating disorder or binge eating," says Johnson.

Having counseled patients leaving for and returning from college, Johnson encourages students to strategize and communicate with their parents.

Above all, before choosing a reduced meal plan, she says it's key for students to articulate where and how they will replace those meals.

"Know where the closest grocery store is. See what's both nutritious and convenient," she says.

"People think it takes a lot of time. It doesn't take a lot of time. It takes a little planning and commitment."

Nutrition notes

▶ **For dietary** guidelines for all ages, visit hc-sc.gc.ca, administered by Health Canada.

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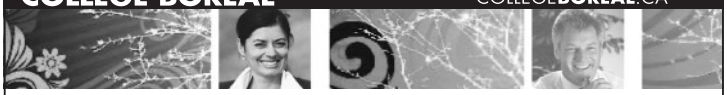

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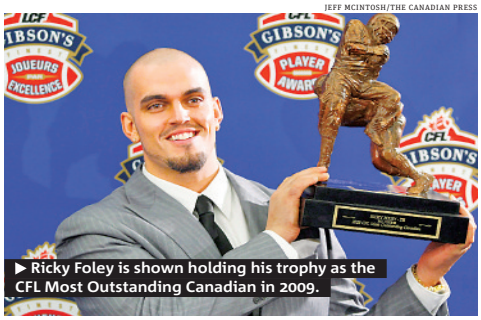
4 sports

Foley opts for hometown Argos

JEFF MCINTOSH/THE CANADIAN PRESS



▶ Ricky Foley is shown holding his trophy as the CFL Most Outstanding Canadian in 2009.

Ricky Foley has done an about-face.

The athletic defensive end signed a contract with the Toronto Argonauts through the 2012 season yesterday, less than 24 hours after the B.C. Lions announced they had agreed to terms with the CFL's top Canadian player from 2009.

"Congratulations to Ricky Foley," Paul Sheehy, Foley's agent, said on his Twitter account. "Rare opportunity to play in his hometown and be close to family, he's signed, officially, with Toronto Argos."

Foley said being close to family factored in his decision to play with the Argos.

"The last two weeks have truly been a roller-coaster ride for me and I'm glad to move forward," said Foley, a native of Courtice, in a statement.

"At the end of the day, family comes first for me. "You never know when you're going to get the opportunity to play at home and I had to take advantage of the opportunity when it presented itself."

A CFL spokesman said the league looked into the matter because both B.C. and Toronto are owned by Hamilton businessman David Braley.

No improprieties were found because Foley hadn't signed anything with the Lions beforehand.

THE CANADIAN PRESS

Quoted

"I'm disappointed not to be going to camp because I've worked all summer to be in camp. That's all right. I mean, there's a lot of positive things to focus on here in Edmonton."
SHELDON SOURAY, AFTER THE OILERS TOLD HIM TO STAY AWAY FROM TRAINING CAMP

"Sheldon has expressed a strong interest over a long period of time that it's best for him to move. We're going to try and help him with that."
OILERS GM STEVE TAMBELLINI

TFC cleans house

Director of soccer Mo Johnston and coach Preki fired after six-game winless streak
Johnston had been with club since its beginning Team still hopes to make playoffs

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Dwayne De Rosario holds a brief, players-only meeting yesterday in the centre of the pitch after practice.

Toronto FC is shaking things up in the midst of a disappointing season.

The struggling 7-10-7 MLS club fired both director of soccer Mo Johnston and coach Preki.

"It hasn't worked, it just hasn't worked and so we're moving on," said Tom Anselmi, executive vice-president and chief operating officer of Maple Leafs Sports & Entertainment.

The team is currently on a six-game winless streak, including MLS and CONCACAF Champions League play.

Assistant coach Nick Dasovic will take over from Preki on an interim basis for the balance of the season.

"I'm honoured," said Dasovic, a former Canadian international.

Earl Cochrane, TFC's manager of team operations, will take over for Johnston on a caretaker basis.

"Obviously, this was a tough decision," Anselmi told a news conference at BMO Field.

"The situation, though, was not right. So this decision was made in both the long-term and short-term interests of the club.

"Short term we've got six games left in the regular season of MLS. The players play up to their potential, we believe we can still make the playoffs.

"Longer term, we came to the conclusion that we needed new leadership for this club on the pitch, so the search for a new manager begins today."

Johnston has long been in the hot seat at the club, which has failed to make the playoffs in its four-year history.

On the pitch

▶ Toronto's next game is tonight on the road against Real Salt Lake in a CONCACAF Champions League group stage match.

Johnston has been with the club since Day 1, first as head coach before being promoted to director of soccer.

"During my four years in Toronto I've grown to love this city and country," Johnston said in a statement.

"I would also like to express my appreciation to the phenomenal supporters who have created the foundation for a successful club. I believe these supporters and this club will be the driving force in the growth of soccer in Canada. The establishment of this club will prove to be the turning point in the development of this sport."

Johnston hired Preki, with whom he played at Everton and Kansas City.

Calling Johnston "a loyal and dedicated employee," Anselmi thanked him for his service and contributions.

THE CANADIAN PRESS

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PIZZA NOVA

O's no longer offer easy win for Blue Jays

Season series that began with 12 straight Toronto victories has now seen Orioles win two in a row

Rookie Jake Arrieta allowed four hits over six shutout innings, Nick Markakis and Adam Jones homered, and the Baltimore Orioles beat the Toronto Blue Jays 11-3 last night to win a fourth straight series for the first time since 2004.

It was the most lopsided victory of the season for the Orioles, who have won twice to begin the three-game set. Baltimore was 0-12 against Toronto at the outset of the series.

The Orioles led 3-0 before pulling away with a six-run seventh inning. Jones and Matt Wieters hit RBI singles before Robert Andino capped the uprising with a three-run double.

ORIOLES	BLUE JAYS
11	3

Toronto's Aaron Hill homered off Pedro Viola with two on in the eighth, and Jones answered with a two-run drive in the bottom half.

After taking two of three from Tampa Bay, the New York Yankees and Detroit, Baltimore has four successive series wins for the first time since August 2004. The Orioles are 25-15, including 15-8 at home, since manager Buck Showalter made his debut in the dugout on Aug. 3.

Although Toronto extended its run of consecutive games with a homer to 16, that was the highlight of an otherwise dreary night. The Blue Jays have lost six of seven and now stand at one game over .500 (73-72) for the first time since July 25.

THE ASSOCIATED PRESS

Scoreboard

BASEBALL

AL EAST

	W	L	Pct	GB
TAMPA BAY	87	56	.608	-
NEW YORK	87	57	.604	0.5
BOSTON	80	64	.556	7.5
TORONTO	73	72	.503	15
BALTIMORE	57	88	.393	31

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	85	58	.594	-
CHICAGO	79	64	.552	6
DETROIT	72	72	.500	13.5
CLEVELAND	59	85	.410	26.5
KANSAS CITY	58	85	.406	27

AL WEST

	W	L	Pct	GB
TEXAS	80	63	.559	-
OAKLAND	72	71	.503	8
LOS ANGELES	70	74	.486	10.5
SEATTLE	55	89	.382	25.5

Yesterday's AL results

Baltimore 11 Toronto 3
Cleveland 4 L.A. Angels 3
N.Y. Yankees at Tampa Bay
Detroit at Texas,
Minnesota at Chicago White Sox
Oakland at Kansas City
Boston at Seattle

Today's AL games

Boston at Seattle, 6:40 p.m.
L.A. Angels at Cleveland, 7:05 p.m.
Toronto at Baltimore, 7:05 p.m.
N.Y. Yankees at Tampa Bay, 7:10 p.m.
Detroit at Texas, 8:05 p.m.
Minnesota at Chicago White Sox, 8:10 p.m.
Oakland at Kansas City, 8:10 p.m.

NL EAST

	W	L	Pct	GB
PHILADELPHIA	85	61	.582	-
ATLANTA	83	63	.568	2
FLORIDA	73	71	.507	11
NEW YORK	72	73	.497	12.5
WASHINGTON	61	84	.421	23.5

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	82	63	.566	-
ST. LOUIS	74	69	.517	7
HOUSTON	70	75	.483	12
MILWAUKEE	66	78	.458	15.5
CHICAGO	64	81	.441	18
PITTSBURGH	48	96	.333	33.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	81	62	.566	-
SAN FRANCISCO	81	63	.563	.5
COLORADO	79	65	.549	2.5
LOS ANGELES	71	73	.493	10.5
ARIZONA	58	87	.400	24

Yesterday's NL results

Arizona 3 Cincinnati 1
Chicago Cubs 7 St. Louis 2
Houston 3 Milwaukee 2
N.Y. Mets 9 Pittsburgh 1
Philadelphia 2 Florida 1
Washington 6 Atlanta 0
San Diego at Colorado
L.A. Dodgers at San Francisco

Today's NL games

Washington at Atlanta, 12:10 p.m.
Milwaukee at Houston, 2:05 p.m.
San Diego at Colorado, 3:10 p.m.
Arizona at Cincinnati, 7:10 p.m.
Philadelphia at Florida, 7:10 p.m.
Pittsburgh at N.Y. Mets, 7:10 p.m.
Chicago Cubs at St. Louis, 8:15 p.m.
L.A. Dodgers at San Francisco, 10:05 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
MONTREAL	10	7	3	0	313	237	14
HAMILTON	10	5	5	0	235	255	10
TORONTO	10	5	5	0	220	280	10
WINNIPEG	10	3	7	0	278	273	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
CALGARY	10	9	1	0	359	202	16
SASK.	10	6	4	0	278	267	12
B.C.	10	3	7	0	245	260	6
EDMONTON	10	2	8	0	187	341	4

Friday's game

Calgary at Saskatchewan, 9 p.m.

Saturday's game

Hamilton at B.C., 10 p.m.

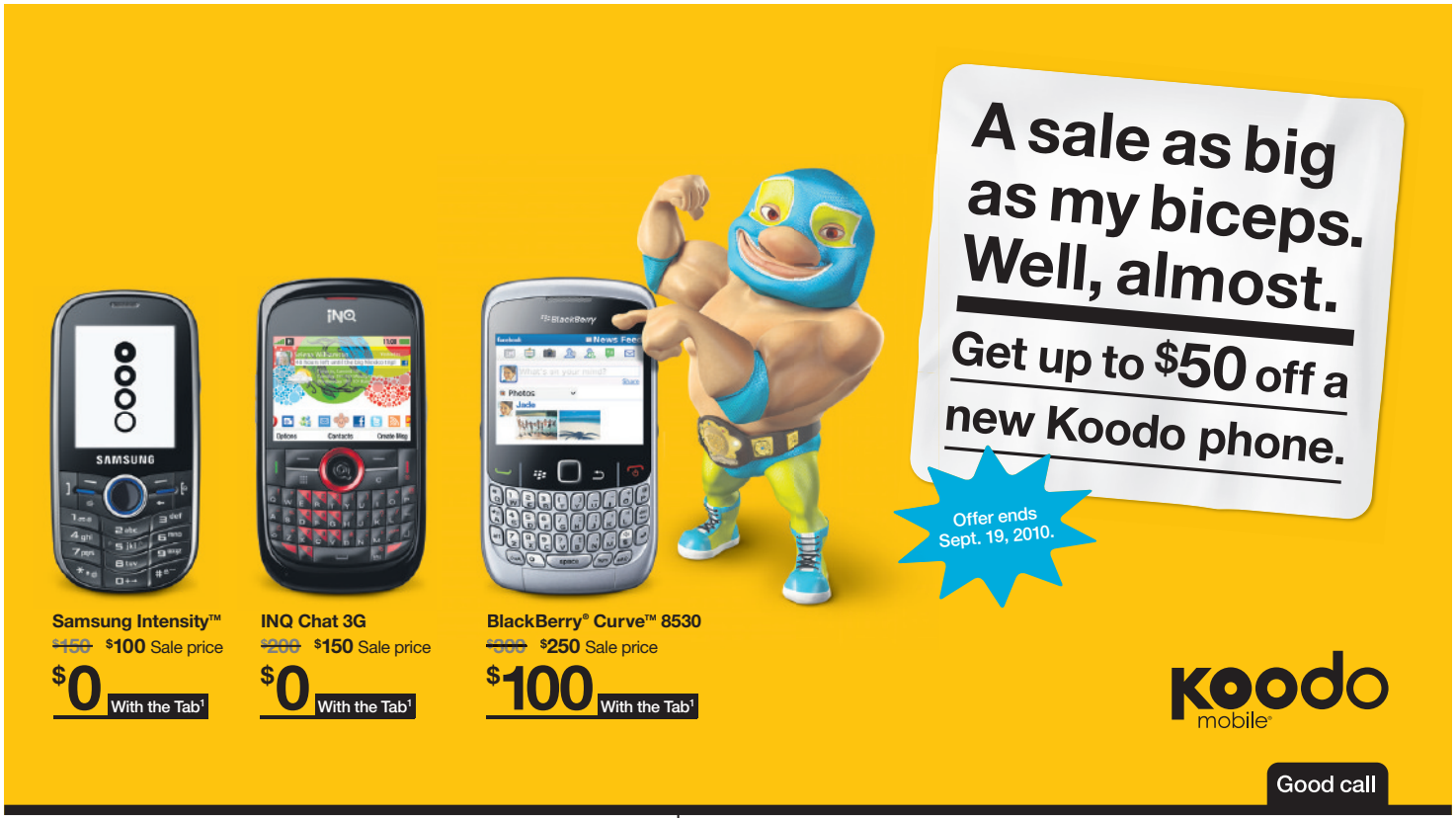
Sunday's games

Winnipeg at Toronto, 1 p.m.
Edmonton at Montreal, 4 p.m.

THIS DAY IN SPORTS

Sept. 15

1978 - Muhammad Ali becomes the first three-time heavyweight champion with a unanimous 15-round decision over Leon Spinks at the Superdome in New Orleans.



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Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Union Station
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Sports in brief

Bush to give back Heisman

AWARD. Reggie Bush says he is forfeiting his Heisman Trophy.

The New Orleans Saints' running back released a statement yesterday saying he would give back the award he won in 2005 while he was at Southern California.

Packers lose Grant for year

NFL. Green Bay Packers running back Ryan Grant is out for the season with a right ankle injury, a significant blow to the team.

THE ASSOCIATED PRESS

FRESH START FOR TORONTO FC

It's Called Football

BEN RYCROFT

In the end, the decision came swiftly — but not nearly quick enough.

Yesterday, at a hastily assembled press conference, Toronto FC announced that their director of soccer operations, Mo Johnston, the man who had helped build the club from Day 1, was being relieved of his duties.

Caught in the wake of that decision, TFC head coach Preki, not even with the club for a full season, was told he would be joining Johnston on the first train out of town.

In a season where the team chronically underperformed and the MLS playoffs and CONCACAF Champions League were slipping away with every giving day, it was clearly a decision that needed to happen.

But the question — one that many were asking yesterday — was why it hadn't come earlier?

Since he took the front office job three years ago, Johnston buried the team in poor, reactionary decisions and a mountain of bloated undeserving salaries.

In another league, where the salary cap was larger, moves like paying Carlos Ruiz $460,000 or Pablo Vitti $303,000 might have been missed, but in MLS, with its tight restrictions and even tighter purse strings, the moves (dozens of them) stood out as untreated, festering blemishes.

While Johnston, at times, demonstrated an uncanny ability to navigate the maze of MLS roster rules, holding more than one team's feet to the fire in shrewd moves (think Chicago Fire and Brian McBride), the revolving door of players (80-plus in four years) never really addressed the needs of the team.

Flashy signings like Jeff Cunningham, with his decade of goals, and Rohan Ricketts, with his pedigree, masked that (up until this season when the team was remade in Preki's image) Toronto never really had clear direction.

But the club is starting fresh today.

The men charged with leading the team in the interim, Earl Cochrane (director of soccer operations) and Nick Dasovic (head coach), are both classy, capable individuals.

Getting out from under the mess of unneeded salaries in the off-season will be mission No. 1.

But the road for them and for TFC won't be an easy one.

Three years ago when he took over, Mo talked about a legacy and a five-year plan to success.

He may now be gone, but as the team rebuilds once again, that legacy, one of questionable decisions, will undoubtedly be felt.

Thankfully, for Cochrane and crew, it doesn't take five years of planning to find success in MLS — just a few smart signings.

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▶ The 2011 Honda CR-Z is seen as a return to the automaker's core values of being frugal and fun to drive.

CR-Z blast from past with eye on future

Honda's new hybrid bears more than a passing resemblance to automaker's fun CR-X ◐ One of the most affordable models in the green segment

JIM ROBINSON
DRIVE@METRONEWS.CA

Can you have fun and drive a hybrid?

Honda thinks they have the answer to that in the 2011 CR-Z.

For those who go back a bit, the CR-X made from 1983-1991 was one of the most endearing cars Honda ever made. It was a small sporty coupe based on the Civic that had basically two seats with pert, chopped off tail. It didn't have a lot of power but the CR-X more than made up for that with nimble handing, frugal operation, affordable pricing and a whole lot of character.

The CR-Z is also a two-seat sporty coupe with a pert, chopped off tail and styling that screams, "this car is a blast." And while the old CR-X was great on the gas, the new car goes a big one better; it's a hybrid.

The CR-Z starts with a 1.5-litre, SOHC four-cylinder gasoline engine based on the unit used in the Fit. By itself, the engine produces 113 hp and 107 lb/ft of torque.

Unlike Toyota where the engine augments the battery, Honda uses the lithium-ion rechargeable battery to give the engine an extra shot of acceleration and torque, kind of like an electric supercharger.

Out on the road, the handling was like a small sportscar, precise and with great feedback. At a closed course slalom, people were throwing the CR-Z around with great abandon with one journalist delighting in the low-end torque and the fact he could get the tail to hang out on hairpin turns.

There are several ways to have fun in this car and another is cost. If you were expecting to pay $30,000 or more, forget it.

Along with the Civic Hybrid and the Insight, Honda offers the three lowest priced hybrids on the market. How much fun it that?

The specs

2011 HONDA CR-Z

- **VEHICLE TYPE** Compact hybrid coupe
- **PRICE** six-speed manual, $23,490; CVT, $24,290
- **ENGINE** 1.5-litre SOHC engine/electric motor (combined, 122 hp, 128 lb/ft)
- **FUEL ECONOMY** Regular; six-speed manual, 6.5/5.3/6.0L/100 km city/highway/combined; CVT, 5.6/5.0/5.3L/100 km city/highway/combined

5 drive

In brief

Don't have time to charge up your electric vehicle? Then swap the battery. Israeli company Better Place is working on a network of stations where a robot will swap your used battery for a new one. They are trying the new system with the Renault Z.E.

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▶ The 2011 Lincoln MKX.

MKX moving up the luxury ladder

Lincoln aims to take on Euro brands with 2011 updates to midsize crossover ◗ Looks, tech and ride give new model competitive edge

PETER BLEAKNEY
DRIVE@METRONEWS.CA

The midsize luxury crossover arena is a hot one, with an ever-expanding roster vying for your upscale dollar.

Lincoln has given its all-wheel-drive five-seat MKX a major refresh for 2011. With a starting price of $46,500, it's right in the thick of the BMW, Mercedes, Audi, Infiniti, Acura, Lexus and Land Rover fight.

The 2011 MKX gets new LED taillights, new headlamps, sculpted front fenders, 18-inch alloys (20s are optional), a new hood and, of course, Lincoln's split-wing signature grill. To these eyes, it's the best looking vehicle in Lincoln's line-up — a classy take on the well-resolved proportions of the Ford Edge.

Power comes from a 3.7L V6 Ti-VCT that makes 305 hp and 280 lb.-ft. of torque, and achieves 12.2 L/100 km city and 8.8 L /100 km highway.

The previous car's cheapish interior gets ditched for a contemporary and finely detailed effort that nearly rivals those from Audi and Infiniti.

The horizontal finger-swipe bars for audio volume and fan speed are pretty cool but rotary knobs still work better.

Standard kit includes stitched dash-top, MyKey, heated and cooled leather front seats, remote start and MyLincoln Touch, the next level of connectivity between iPhone-dazed humanoids and their vehicles.

While it's easy to get caught up in all the tech, a few hours on the road revealed Lincoln is also serious about giving the MKX some competitive moves. The suspension gets a makeover in the pursuit of more engaging road manners, and indeed, this 2011 is hands above the outgoing model when it comes to steering feel and body control.

Is the 2011 Lincoln MKX savvy enough to sway buyers from the premium Euro-brands? It may not have the badge, but it has the goods.

The specs

2011 LINCOLN MKX

- **VEHICLE TYPE** Luxury crossover
- **PRICE** From $46,000
- **ENGINE** 3.6L V6 Ti-VCT (305 hp, 280 lb.-ft.)
- **FUEL ECONOMY** 12.2L/100 km (city)/8.8L/100 km (highway)

IT BRAKES FOR ENERGY RECOVERY

When I was a kid I loved watching the Flintstones. But I didn't like the Flintstone-mobile. Fred "braked" by sticking out his legs out through the floorboards and scrubbing off speed with his bare feet. This always made me cringe.

And I still cringe whenever I relieve my own Flintstone moment. On this occasion my Jaguar E-type suddenly and silently found itself coasting down the mild slope of our driveway, with me standing beside it. I grabbed the front bumper and stood my ground, but the car pushed me slowly backwards. We stopped together in the middle of the street, unscathed, save for the leather soles of my moccasins, which were smoking. I can still feel the feet heat.

Which brings me to the point of this column — after 100 years or so of automotive braking that simply turns potential energy into wasted "heat," via friction-based systems, we're starting to move to more intelligent systems, that re-capture some energy.

This has come about due to the re-birth of the electric vehicle. If you have an electric motor hooked up to the drive wheels, you can use it to "brake" the vehicle, by simply reversing the flow of power. Now, instead of having the motor turning the drive wheels, you have the drive wheels turning the electric motor. The resistance works like a brake, and when you spin an electric motor it makes electricity.

In a hybrid or EV this "free" juice is fed to the big battery pack, which powers the electric drive motor. But now we're seeing this concept being applied to "conventional" vehicles.

BMW introduced its Brake Energy Regeneration system on the 2010 5 Series Gran Turismo. The new-generation 2011 X3 will also feature the system. At the upcoming Paris Motor Show, Ferrari, of all people, is expected to debut a similar "brake re-gen" system on its updated California model.

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HONDA

#Limited time lease offers based on new 2010 Honda models. Lease example based on new 2010 Civic DX-A Sedan MT, model FA1E2AE4X available through Honda Financial Services on approved credit. £2.4% lease APR for 48 months. Monthly payment (includes freight and PDI, environmental fees and OMVIC fee) is $256.48. Down payment or equivalent trade of $0, first monthly payment and $0 security deposit due at lease inception. Total lease obligation is $14,046.48. Taxes, license, insurance and lien registration (if applicable) are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †$2,500.00 price reduction available on new 2010 Civic DX-A AT, model FA1F2AE4X. Cash incentives available only to cash customers on select new 2010 Civic models. Cash incentives will be deducted from the negotiated price before taxes and cannot be combined with special lease and finance offers. Net MSRP of $17,499 includes dealer contribution. #£†Offers valid until September 30th, 2010 and are subject to change without notice. Offers valid only for Ontario residents at Ontario Honda Dealers locations. Visit www.hondaontario.com or see your Honda retailer for full details.

Organic way to power car

A new fuel could be developed in a petri dish New algae-created fuel in sustainable and emissions free

EMMA E. FORREST
DRIVE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ Could this be what your car fuel looks like in the future?

The trend to electric and hybrid cars is all very well but the ideal solution would be to have a non-polluting fuel that could use existing engine technologies, rather than create new systems that need to be developed from scratch.

With more than 100 years of experience with combustion engine development. the car industry is rather good at it so the ideal solution would be to develop new non-polluting fuels to use with these engines.

Bio fuels have been created with corn and sugar oil, particularly in Brazil, but it was found that land used for growing food was being diverted to producing biofuel which is less than ideal to say the least.

It may be that by the time our children are buying family cars they'll be driving electric cars in cities but using combustion powered cars for longer journeys.

Yet rather than polluting tomorrow's combustion engines may be fuelled by something far greener. Literally. Tiny microscopic organisms may be the answer. Algae has the potential to be such a green fuel because it's fast growing and about 50 per cent of its weight is oil. The oil can then be used to make green diesel for cars.

You'll remember algae as the scum on the garden pond as a kid — it's also used as a foodstuff, in fact the Aztecs used to eat it. Scientists are working out ways to grow it in large enough quantities and one system involves growing algae vertically so that as much of it as possible is exposed to sunlight in the smallest possible space, maximising yield. What's more as algae — like other plants — needs CO2 to photosynthesise, industrial algae production could improve air quality too in the process.

Different algaes may yet produce different fuels for different purposes and though we're a way away from widespread production if such production proves possible and cheap enough, converting conventional engines to run on its green diesel should be straightforward.

Tomorrow's combustion engines may be fuelled by something far greener. Literally.

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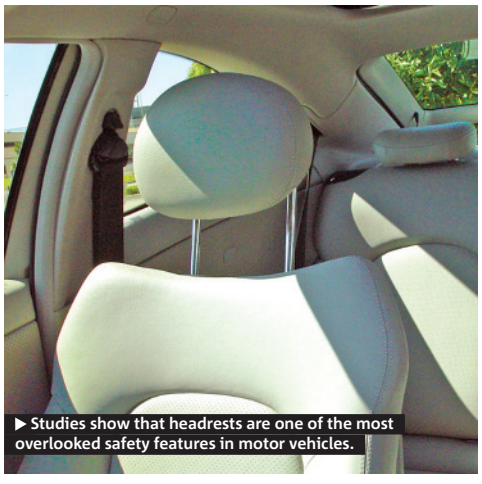

▶ Studies show that headrests are one of the most overlooked safety features in motor vehicles.

Don't ignore the headrest

While buckling seatbelts is second nature when getting into a car — how many of us think to adjust the headrest? Reports show that headrests are one of the most overlooked safety features in motor vehicles today and many don't realize the important role they play in preventing neck, brain and spinal cord related injuries.

"Headrests are designed to work alongside the seatbelt so that when an accident occurs it prevents the head from twisting backwards, which subsequently results in whiplash," explains Mauro Convertini, an insurance and claims expert at Aviva Canada.

"Drivers can sustain an injury from an incorrectly adjusted headrest even at speeds as low as 15 kilometres per hour – the same speed as the average bicycle."

According to an Insurance Bureau of Canada study, only 14 per cent of drivers on the road have their headrest in the proper position. And whiplash being the most common soft tissue injury incurred during auto collisions underlines the importance for passengers to ensure their headrest is adjusted properly. Aviva's Convertini recommends that Canadian drivers follow three simple steps in order to prevent injuries associated with improper headrest position:

1. The top of the headrest should be in a straight line with the top of your head.
2. Position the centre of your headrest so that it is slightly above the top of the ear.
3. Ensure that the distance between the headrest and the back of the head is between five and ten centimetres.

An important message for local families with multiple drivers, the next time you get in your vehicle remember to use your brain and adjust your headrest. More information is available from your insurance broker or online at avivacanada.com.

NEWS CANADA

DANCER MOORE'S OWN 'SHOWMOBILE'

My Drive

HEATHER BUCHAN
DRIVE@METRONEWS.CA

Why the Protege?
Because the mileage was pretty good when I bought it second-hand and I feel really safe in it. It's a good size, not too huge. Being an independent artist, I need to be able to get around the city. I may have to be in six different locations in one day, so I don't want anything huge.

What would we find in your trunk?
I call it my small showmobile. Right now, you'll find circus props because of my current show about the world-famous hi-wire walkers of the Victorian era, so sticks, hats, ropes, Victorian era clothing. I also have a computer in there, a music library of tried and true CDs. Then I also have water, vitamins and theatrical objects. It's all in the trunk. I keep the interior of my car really clean.

What type of driver are you?
I've never had an accident. I have a fantasy of being a race car driver though (laughs). I do respect the rules of the road. But if I was to let loose on the autobahn, that's a different story (laughs).

What's your ultimate dream car?
I would love to a get a Toyota Yaris. I drove a red one in Halifax this year. It's fun and smooth and turns on a dime. But, my real dream car … hmm … it would be a silver Porsche.

You have a car motto. What is it?
Be good to your car and it will be good to you.

Meet the driver

- **WHO SHE IS** Award-winning Canadian dancer, choreographer and director Sharon B. Moore creates bodies of work for dance companies across North America and Europe, and for films and television. Her latest production, The Great Farini Project, premieres at the Enwave Theatre at Harbourfront from Sept. 22 to 25.
- **WHAT SHE DRIVES** A 1991 Mazda Protege

▶ The 2011 Infiniti IPL G Coupe.

IPL heightens sporty edge

Infiniti has revealed its rumoured specialty-performance vehicle collection, the Infiniti Performance Line, with the world debut of the dramatic new 348 hp IPL G Coupe.

The announcement was made at an exclusive event at the recent 60th annual Pebble Beach Concours d'Elegance.

The 2011 Infiniti Performance Line G Coupe, the first production vehicle in the new Infiniti Performance Line, is set to join the Infiniti lineup of performance luxury vehicles at retailers across Canada in March 2011.

Performance Line vehicles are targeted at buyers seeking performance luxury vehicles that express a greater degree of individual style.

The limited production IPL vehicles begin with Infiniti's legendary emotional design and Japanese craftsmanship — and then heighten the luxury and performance levels through modifications to the exterior, interior, engine tuning and suspension.

A special engine cover and trunk lid badging will identify IPL models.

The IPL emblem is designed to reinforce the strong message and spirit of IPL. The letter features a red insert representing sporty spirit, while the Infiniti-violet shadow behind the letter appears like an Infiniti flag to indicate the brand's Inspired Performance promise. The IPL G Coupe is offered in just two exterior colours: Graphite Shadow and Malbec Black. **FROM CARGUIDE**

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Norton bikes return

I confess I've never been up close to a Norton motorcycle.

Not because I'm all that young, but that this iconic UK marque has been away a long, long time.

Norton began building motorcycles around the turn of the 20th century, and gained notoriety throughout the 1930s, 40s and 50s, winning numerous high-profile races.

The Norton Commando, which launched in 1968, was their last and most successful street bike before the factory doors closed in 1975.

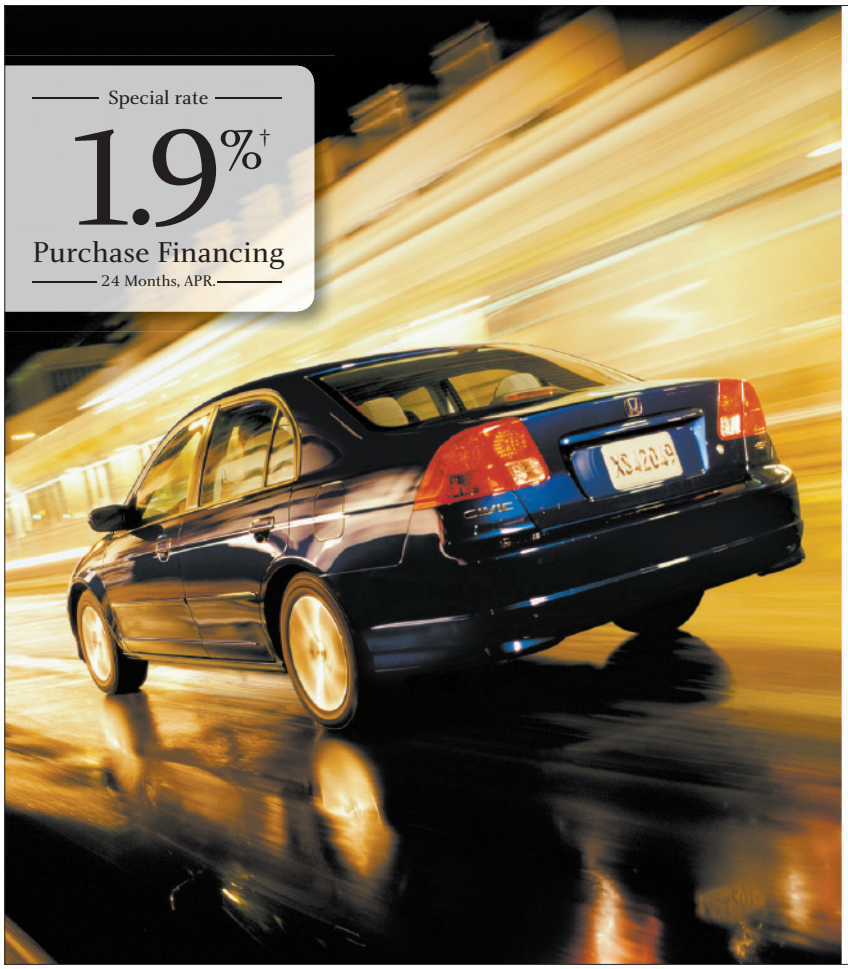
Thirty-five years later, the brand has returned to Canada with the Canadian reveal taking place at the Newmarket, Ont., Suzuki recently.

With retro styling blended with state-of-the-art engineering, the bike is powered by an air-cooled 961 cc parallel twin developed by Norton along with F1 engine builders, Menard Competition Technologies.

It is one of three models to go on sale in Canada. The Sport and the Cafe Racer are 2011 models that are expected arrive early next year.

NEIL MOORE/FOR METRO CANADA

▶ The Dodge Ram is regarded as North America "sporty" pickup truck.



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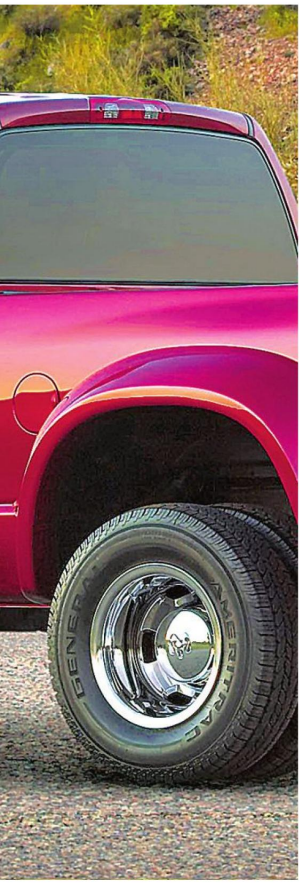

In love with Dodge Ram's sporty side

Power and muscle count among owner faves for pickup model Opt for a newer, lower-mileage Ram where possible to get better value

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The last-generation Dodge Ram was on sale from model years 2002 to 2008 inclusive, and offered a punch in terms of both styling and performance that few trucks in recent memory can match.

Among other things, the last-generation Ram helped cement the brand's reputation for building America's "sporty" pickup. Where styling, power and muscle count, pickup shoppers tend to gravitate towards the Ram in a serious way.

Shopping used? Look for various body styles and six or eight-cylinder power. 2002 models got a 3.7 litre V6 as standard, with 215 horsepower.

The models' V8 engines consisted of a 4.7 litre or 5.9 litre unit early on, with 240 or 245 horsepower, respectively.

The legendary HEMI V8 hit the scene for 2003, offering up 345 horsepower. Cylinder deactivation was added to the HEMI V8 for 2006 to help keep fuel bills reasonable.

Shoppers will find a manual transmission with five or six-speeds, or an automatic with four or five. Rear or four-wheel drive models were available, too, utilizing either electric or manual transfer-cases, depending on the model.

Dodge Ram's features included a rear-seat entertainment console, heated leather seats, remote access, cruise control and plenty more.

What Owners Like

For most Ram owners, power, sound effects, looks and muscle were the main attractions to the truck. Competitive pricing and overall value helped seal the deal in most cases.

What Owners Hate

Standard gas-mileage complaints come first and foremost on the list of Ram-owner related gripes. Some drivers have reported a rough ride on certain road surfaces, as well as poor outward visibility.

Common issues

Because of the possibility of some frustrating and difficult-to-diagnose electronic issues, test-drivers are advised to double and triple check that all interior electronics work as expected, and that no check engine lights are illuminated. A mechanic can also scan the Ram's engine computer for stored trouble-codes, which could indicate a problem.

Have the brakes and tires inspected for signs of excessive wear, visiting a mechanic for assistance. Also have the Ram's underside checked for signs of leaks, dents, scrapes or excessive rust. If the vehicle has been abused or damaged in an off-road setting, this is the time to check.

JUSTIN PRITCHARD

The specs

- **MODEL** 2002-08 Dodge Ram
- **VEHICLE TYPE** Pickup
- **APPROXIMATE USED PRICE RANGE** $8,500 to $25,000

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Model shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 48 months only on 2005 to 2009 M.Y. certified pre-owned Jetta. Rates start at 2.9% for up to 60 months for other models. Financing example: $15,000 (including $5 OMVIC fee, up to $58 PPSA, and up to $499 dealer administrative charge) financed at 0.9% for 48 months, monthly payment is $318.28, cost of borrowing is $277.24 for a total obligation of $15,277.24. Or $15,000 financed at 2.9% for 60 months, monthly payment is $268.86, cost of borrowing is $1,131.86 for a total obligation of $16,131.86. Dealer may sell for less. Down payment may be required. License, insurance, registration, options and applicable taxes are extra. Offer ends September 30, 2010 and is subject to change or cancellation without notice. **Up to $500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ††2-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. ‡IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. © 2010 Volkswagen Canada.

The best of both worlds

Porsche's Active Drivetrain Mount is flexible and solid at the same time depending on driving needs

▶ Porsche's new Active Drivetrain Mount is standard on the 911 Turbo.

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

You can't fight physics. The engine is typically the heaviest component in a car, and when you're making a sharp curve, it doesn't necessarily want to follow, which can affect handling.

What makes it worse is that most engines are mounted on relatively flexible bushings, which automakers use to help keep engine vibration from entering the cabin. Porsche tackles the problem with its new Active Drivetrain Mount, standard equipment on the 911 Turbo, which combines the best qualities of flexible and solid engine mounts.

"With these mounts stiffened up, you get a much more stable back end when you're cornering, because the engine is now solidly connected to the car."
PORSCHE'S LAURANCE YAP

When you turn a corner, your car follows the steering position, but inertia causes the heavy engine to initially keep going in a straight line. It continues to do this until the flexible mounts reach the end of their elasticity.

This causes instability, and in extreme cases on a rear-engined car such as the 911 Turbo, could potentially result in oversteer, a dangerous situation in which the back end of the car swings around and the car spins. A solid, inflexible mount keeps the engine in line with the car's direction, but with a stiffer, noisier ride.

"What these active mounts enable the car to do is to stiffen up the connection between the drivetrain and the body of the car when you're driving aggressively, and then soften it when you're not," says Laurance Yap, public relations manager for Porsche Cars Canada.

The mounts use a magnetically-activated fluid and an electrically-induced magnetic field that affects the fluid to a higher or lower degree. This changes the fluid's viscosity, making the engine mounts harder or softer.

The system was originally designed for suspension components, but Porsche's application is a first for engine mounts.

Under normal driving conditions, such as highway cruising, the fluid is "looser," which helps absorb vibration. When the system is in sport mode, the car uses a variety of parameters to determine fluid stiffness, for a more direct connection between engine and body.

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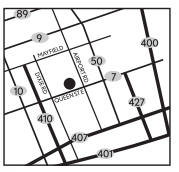

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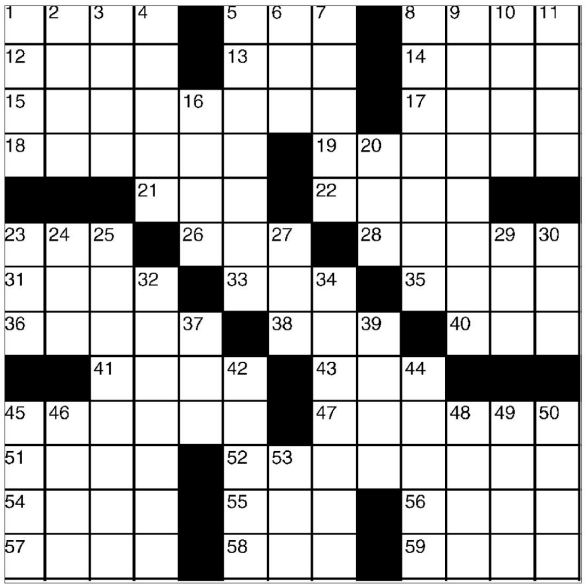
Crossword



Across

1 Got older
5 A billion years
8 Common rhyme scheme
12 "Clair de —"
13 Lanka preceder
14 Incite
15 You can put a value on it
17 Angry
18 Number-logic puzzle
19 Conflict involving actual fighting
21 Verily
22 Veer
23 Owns
26 Parched
28 Synagogue VIP
31 Monad
33 Sweet potato
35 Fat
36 Black billiard ball
38 Stir-fry vessel
40 Petrol
41 Pay attention
43 Meadow
45 Large fig plant of India
47 Mean
51 Lip
52 Downtown street
54 Perfectly
55 Praise in rhyme
56 Pealed
57 Jason's ship
58 Neither mate
59 BPOE members

Down

1 Heidi's range
2 Mentor
3 Oklahoma city
4 Fake duck
5 Ocean inlet
6 Man-mouse link
7 Dark period
8 Southern
9 Bring lunch to work
10 Taj Mahal city
11 Milwaukee product
16 Managed, with "out"
20 Jointly possessed, perhaps
23 Shade
24 Singer DiFranco
25 Pie in the face, for one
27 Deviate off course
29 Bikini top
30 Egos' counterparts
32 In that direction
34 More spoiled, as bread
37 Links prop
39 Acute
42 Minion of Mephistopheles
44 Violinist Rieu
45 Early software version
46 Stench
48 Exam format
49 Sherman, e.g.
50 Early birds?
53 Kerfuffle

▶ Yesterday's answer

H	A	L	F		T	W	A		A	P	S	E
E	T	U	I		I	O	N		M	A	U	L
R	O	S	E	M	A	R	Y		A	P	E	S
O	P	T		A	R	M		C	R	A	Z	E
			C	I	A		S	P	Y			
D	A	T	U	M		Z	E	A	L	O	T	S
O	N	U	S		H	E	X		L	A	N	A
S	I	X	T	E	E	N		N	I	F	T	Y
			O	A	R		S	O	S			
K	L	I	M	T		B	U	S		S	K	I
N	A	S	A		M	A	R	Y	L	A	N	D
E	M	I	R		E	R	G		E	M	I	L
E	A	S	Y		W	E	E		M	E	T	E

Sudoku

	7		8		3		9	
	6	3				1	4	
2								5
		1	4	3	2	5		
		6	1	8	7	9		
8								9
	2	9				4	8	
	4		2		8		7	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

8	5	9	1	2	4	3	6	7
7	2	4	9	6	3	8	1	5
3	6	1	5	7	8	2	9	4
6	4	8	2	3	9	5	7	1
1	3	7	4	8	5	9	2	6
2	9	5	7	1	6	4	3	8
9	8	6	3	4	7	1	5	2
5	7	2	8	9	1	6	4	3
4	1	3	6	5	2	7	8	9

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Sweety,
I promise to always LOVE u and always hold u in my heart . I ll always be here for u when u need me , and I'll LOVE u no matter where life brings us. You are my soul mate. I can't express my LOVE in dis small msg. I LOVE U .
UR GANDU . :)

Angelfish!
we always have the greatest fun together and i love you to pieces. even if i dont always show enough affection...I LOVE U!
WITH LOVE, BASIA

Babe
You are my everything. You are beautiful, caring, considerate, funny and so Sexy. My life changed when you became part of it. I am a very, very lucky man. I Love You very much xoxoxoxoxo
YOUR GORGEOUS MAN

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Thursday
15°/10°
Showers
70%
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For today's crossword answers and for expanded horoscopes, go to metronews.ca

Today's horoscope

♈ Aries March 21-April 20 You may feel restless but don't wander far from home base because what you discover in your immediate environment will be of more use to you than what you discover some place else.

♉ Taurus April 21-May 21 Focus on work and business issues and don't let your mind wander for even a moment.

♊ Gemini May 22-June 21 It may seem as if everyone but you is having fun but that is an illusion. The Sun in Virgo can weigh you down with responsibilities and heavy thoughts and make you feel gloomy but give it time and it will pass.

♋ Cancer June 22-July 22 You may not enjoy what you have to do today but the simple fact is you have no choice in the matter. However, if you knuckle down and do what is expected of you some Very Important People will be impressed.

♌ Leo July 23-Aug.23 You need to be more flexible in your thinking. Yes, really. There is a world full of opportunities out there

♍ Virgo Aug. 24- Sept. 22 Why so anxious? Why so sure that something nasty is about to happen just when you feel at your most vulnerable? Whatever the reason, snap out of it!

♎ Libra Sept. 23-Oct. 23 Saturn in your sign is making you somewhat cautious at the moment but if you make a mental effort to reach out and interact with the world

♏ Scorpio Oct. 24-Nov. 22 Don't fret if you lose something valuable today because the planets suggest you will soon fill the gap with something that is worth even more.

♐ Sagittarius Nov. 23-Dec. 21 Force yourself to get up and go out with a wild group of friends today. You've never been the sort to sit at home brooding on your troubles, such as they are, so why start now?

♑ Capricorn Dec. 22-Jan. 20 If you adopt a more positive attitude today you will quickly recognize that what others are moaning and groaning about is of no concern to you at all.

♒ Aquarius Jan. 21-Feb. 18 Don't give in to emotional blackmail today, even if it seems like the easy option. If you give others the impression that you can be easily manipulated they will be on your case from sunrise to sunset, and beyond.

♓ Pisces Feb. 19-March 20 Take care what you say over the next 24 hours. People in positions of power are unlikely to look kindly on you if they think you are being a disruptive influence. Your complaints may be justified but don't make them too loud.
SALLY BROMPTON

Caption contest

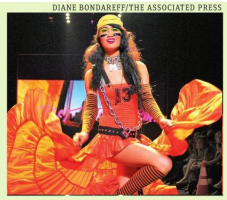
MATT DUNHAM/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

DIANE BONDAREFF/THE ASSOCIATED PRESS



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CAR OF THE YEAR§

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HWY: 5.8L/100KM (49 MPG) CITY: 8.3L/100KM (34 MPG) | STEERING WHEEL AUDIO CONTROLS | AUTOMATIC TRANSMISSION

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